

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Choline, total (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: November 03, 2015 06:36 EST

NDB_No	Description	Choline, total(mg) Value Per
01137	Egg, yolk, dried	2,403.30
01133	Egg, whole, dried	1,266.70
01125	Egg, yolk, raw, fresh	820.20
01160	Egg, yolk, raw, frozen, salted, pasteurized	705.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	669.30
01126	Egg, yolk, raw, frozen, pasteurized	639.30
01210	Egg Mix, USDA Commodity	602.50
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	513.20
13320	Beef, variety meats and by-products, brain, cooked, simmered	490.90
15012	Fish, caviar, black and red, granular	490.90
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	471.00
13326	Beef, variety meats and by-products, liver, cooked, braised	426.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	418.20
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	411.00
17203	Veal, variety meats and by-products, liver, cooked, braised	398.90
04531	Oil, soybean lecithin	350.00
15072	Fish, roe, mixed species, raw	335.40
13325	Beef, variety meats and by-products, liver, raw	333.30
05661	Chicken, liver, all classes, cooked, pan-fried	326.80
01128	Egg, whole, cooked, fried	317.10
14067	Beverages, Protein powder soy based	312.90
17202	Veal, variety meats and by-products, liver, raw	310.00
01255	Egg, whole, raw, frozen, salted, pasteurized	297.00
01123	Egg, whole, raw, fresh	293.80
01129	Egg, whole, cooked, hard-boiled	293.80
15018	Fish, cod, Atlantic, dried and salted	291.30
05028	Chicken, liver, all classes, cooked, simmered	290.00
01171	Egg, whole, raw, frozen, pasteurized	268.30
14063	Beverages, chocolate powder, no sugar added	266.90

NDB_No	Description	Choline, total(mg) Value Per
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	266.90
01138	Egg, duck, whole, fresh, raw	263.40
01139	Egg, goose, whole, fresh, raw	263.40
01140	Egg, quail, whole, fresh, raw	263.40
07014	Braunschweiger (a liver sausage), pork	255.90
43285	Eggs, scrambled, frozen mixture	255.70
01130	Egg, whole, cooked, omelet	247.60
01131	Egg, whole, cooked, poached	234.10
07053	Pate, chicken liver, canned	228.80
13322	Beef, variety meats and by-products, heart, cooked, simmered	228.80
01113	Whey, acid, dried	225.00
01115	Whey, sweet, dried	225.00
14058	Beverages, Whey protein powder isolate	225.00
14066	Beverages, Protein powder whey based	224.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	223.80
05177	Turkey, liver, all classes, raw	221.80
01132	Egg, whole, cooked, scrambled	221.00
05178	Turkey, liver, all classes, cooked, simmered	220.20
17219	Veal, variety meats and by-products, thymus, cooked, braised	209.30
11268	Mushrooms, shiitake, dried	201.70
10119	Pork, fresh, variety meats and by-products, stomach, raw	194.80
13341	Beef, variety meats and by-products, tripe, raw	194.80
05027	Chicken, liver, all classes, raw	194.40
16118	Soy flour, low-fat	191.70
16122	Soy protein isolate	190.90
16422	Soy protein isolate, potassium type	190.90
16115	Soy flour, full-fat, raw	190.60
21018	Fast foods, egg, scrambled	180.60
14654	Beverages, nutritional shake mix, high protein, powder	179.70
08084	Cereals ready-to-eat, wheat germ, toasted, plain	178.60
05022	Chicken, broilers or fryers, giblets, cooked, simmered	178.10
43114	Vermicelli, made from soy	177.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	175.60
05176	Turkey, heart, all classes, cooked, simmered	172.50
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	169.20
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	169.20

NDB_No	Description	Choline, total(mg) Value Per
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	167.80
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	167.80
19041	Snacks, pork skins, plain	164.50
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	162.90
05171	Turkey, whole, giblets, raw	160.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	159.90
05172	Turkey, whole, giblets, cooked, simmered	155.60
13340	Beef, variety meats and by-products, tongue, cooked, simmered	155.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	150.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	148.40
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	146.80
17095	Veal, leg (top round), separable lean and fat, cooked, braised	141.20
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	141.20
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	140.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	139.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	138.90
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	137.80
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	137.60
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	137.60
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	135.70
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	135.70
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	135.70
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	135.40
43212	Bacon bits, meatless	134.80
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	134.10
17114	Veal, rib, separable lean only, cooked, braised	133.60
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	133.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	132.20
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	132.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	131.80
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	131.80
35009	Whale, beluga, meat, dried (Alaska Native)	131.70
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	131.30
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	131.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	130.80
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	130.80

NDB_No	Description	Choline, total(mg) Value Per
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	130.30
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	130.00
17151	Game meat, beaver, cooked, roasted	129.90
17181	Game meat, rabbit, wild, cooked, stewed	129.90
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	129.80
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	129.50
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	129.30
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	129.20
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	129.10
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	128.40
18101	Cake, chocolate, prepared from recipe without frosting	128.40
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	128.30
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	128.10
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	127.90
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	127.80
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	127.40
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	127.10
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	127.10
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	127.00
05175	Turkey, heart, all classes, raw	126.80
17132	Veal, shoulder, blade, separable lean only, cooked, braised	126.80
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	126.70
21007	Fast foods, biscuit, with egg, cheese, and bacon	126.70
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	126.40
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	126.40
17111	Veal, rib, separable lean and fat, cooked, braised	126.30
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	126.30
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	126.20
21012	Fast foods, croissant, with egg, cheese, and bacon	126.10
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	126.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	125.60
17108	Veal, loin, separable lean only, cooked, braised	125.40
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	125.30
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	125.30
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	125.10
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	124.80

NDB_No	Description	Choline, total(mg) Value Per
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	124.70
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	124.40
16110	Soybeans, mature seeds, roasted, salted	124.30
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	124.20
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	124.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	124.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	123.80
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	123.50
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	123.20
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	123.20
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	123.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	123.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	123.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	123.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	123.00
17184	Game meat, squirrel, cooked, roasted	122.90
02024	Spices, mustard seed, ground	122.70
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	122.70
17163	Game meat, caribou, cooked, roasted	122.60
04542	Fat, chicken	122.40
04574	Fat, duck	122.40
04575	Fat, turkey	122.40
17147	Game meat, bear, cooked, simmered	122.30
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	122.20
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	122.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	121.80
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	121.20
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	121.20
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	121.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	121.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	121.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	120.60
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	120.40
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	120.40
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	120.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	120.00

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23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	119.90
17424	Veal, ground, cooked, pan-fried	119.60
01090	Milk, dry, whole, with added vitamin D	119.30
10860	Pork, cured, bacon, cooked, baked	119.30
13345	Beef, cured, breakfast strips, cooked	119.20
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	119.10
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	119.00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	119.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	119.00
01094	Milk, buttermilk, dried	118.70
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	118.30
14353	Beverages, tea, instant, decaffeinated, unsweetened	118.30
14366	Beverages, tea, instant, unsweetened, powder	118.30
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	118.10
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	118.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	117.90
01144	Egg substitute, powder	117.60
01212	Milk, dry, whole, without added vitamin D	117.40
17159	Game meat, boar, wild, cooked, roasted	117.40
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	117.30
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	117.30
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	117.30
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	117.20
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	117.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	116.90
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	116.80
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	116.70
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	116.70
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	116.60
17176	Game meat, opossum, cooked, roasted	116.50
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	116.30
16108	Soybeans, mature seeds, raw	115.90
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	115.80
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	115.40
17173	Game meat, moose, cooked, roasted	115.40
17182	Game meat, raccoon, cooked, roasted	115.40

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14196	Beverages, Cocoa mix, no sugar added, powder	115.30
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	115.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	115.00
17157	Game meat, bison, separable lean only, cooked, roasted	114.80
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	114.70
06080	Soup, chicken broth or bouillon, dry	114.60
06981	Soup, bouillon cubes and granules, low sodium, dry	114.50
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	114.50
18237	Cream puff shell, prepared from recipe	114.40
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	114.20
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	114.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	113.90
17105	Veal, loin, separable lean and fat, cooked, braised	113.80
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	113.80
14035	Beverages, ABBOTT, EAS soy protein powder	113.70
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	113.50
06075	Soup, beef broth or bouillon, powder, dry	113.40
06076	Soup, beef broth, cubed, dry	113.40
15212	Fish, salmon, pink, cooked, dry heat	113.40
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	113.30
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	113.20
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	113.20
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	113.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	112.90
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	112.90
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	112.90
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	112.80
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	112.70
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	112.70
15086	Fish, salmon, sockeye, cooked, dry heat	112.60
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	112.40
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	112.10
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	112.10
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	112.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	111.90
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	111.70

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23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	111.70
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	111.60
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	111.40
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	111.30
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	111.30
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	111.30
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	111.10
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	110.90
25025	Snacks, soy chips or crisps, salted	110.90
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	110.70
90240	Mollusks, scallop, (bay and sea), cooked, steamed	110.70
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	110.60
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	110.60
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	110.60
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	110.50
17107	Veal, loin, separable lean only, raw	110.50
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	110.50
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	110.30
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	110.20
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	110.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	109.80
11432	Radishes, oriental, dried	109.70
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	109.60
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	109.50
15081	Fish, salmon, coho, wild, raw	109.40
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	109.20
19002	Snacks, beef jerky, chopped and formed	109.10
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	108.70
16099	Peanut flour, defatted	108.70
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	108.50
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	108.30
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	108.30
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	108.20
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	108.20
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	107.90
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	107.80

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23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	107.80
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	107.70
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	107.70
15160	Mollusks, clam, mixed species, canned, drained solids	107.40
10861	Pork, cured, bacon, cooked, microwaved	107.20
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	107.10
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	107.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	107.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	107.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	106.80
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	106.80
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	106.70
43078	Beverage, milkshake mix, dry, not chocolate	106.70
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	106.60
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	106.60
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	106.60
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	106.50
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	106.50
17169	Game meat, goat, cooked, roasted	106.40
16129	Tofu, fried	106.30
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	106.20
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	106.20
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	106.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	106.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	105.80
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	105.70
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	105.60
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	105.50
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	105.40
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	105.40
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	105.40
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	105.30
17109	Veal, loin, separable lean only, cooked, roasted	105.30
43131	Luncheon slices, meatless	105.30
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	105.20
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	105.20

NDB_No	Description	Choline, total(mg) Value Per
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	105.20
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	105.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	104.90
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	104.90
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	104.90
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	104.90
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	104.90
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	104.90
10998	Canadian bacon, cooked, pan-fried	104.80
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	104.80
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	104.70
21013	Fast foods, croissant, with egg, cheese, and ham	104.70
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	104.70
11955	Tomatoes, sun-dried	104.60
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	104.50
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	104.50
05024	Chicken, gizzard, all classes, cooked, simmered	104.40
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	104.40
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	104.30
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	104.30
05739	Turkey, drumstick, from whole bird, meat only, roasted	104.20
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	104.20
07034	Headcheese, pork	104.10
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	104.10
15041	Fish, herring, Atlantic, pickled	104.10
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	104.10
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	104.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	104.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	104.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	104.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	103.90
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	103.80
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	103.80
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	103.80
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	103.70
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	103.50

NDB_No	Description	Choline, total(mg) Value Per
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	103.40
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	103.40
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	103.30
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	103.30
21022	Fast foods, english muffin, with egg, cheese, and sausage	103.30
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	103.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	102.90
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	102.80
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	102.80
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	102.70
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	102.70
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	102.60
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	102.60
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	102.60
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	102.60
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	102.50
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	102.40
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	102.40
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	102.30
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	102.30
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	102.20
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	102.20
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	102.10
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	102.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	102.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	102.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	102.00
10153	Pork, cured, ham, whole, separable lean only, roasted	101.90
10158	USDA Commodity, pork, canned	101.90
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	101.90
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	101.90
14203	Beverages, coffee, instant, regular, half the caffeine	101.90
14214	Beverages, coffee, instant, regular, powder	101.90
14218	Beverages, coffee, instant, decaffeinated, powder	101.90
17344	Game meat, deer, ground, cooked, pan-broiled	101.90
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	101.90

NDB_No	Description	Choline, total(mg) Value Per
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	101.90
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	101.80
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	101.80
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	101.80
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	101.70
83110	Fish, mackerel, salted	101.60
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	101.50
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	101.40
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	101.20
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	101.20
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	101.20
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	101.10
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	101.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	100.80
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	100.80
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	100.70
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	100.70
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	100.70
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	100.70
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	100.60
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	100.60
35141	Mutton, cooked, roasted (Navajo)	100.60
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	100.40
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	100.30
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	100.30
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	100.30
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	100.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	99.90
17428	Veal, shank, separable lean only, raw	99.90
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	99.80
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	99.80
17106	Veal, loin, separable lean and fat, cooked, roasted	99.70
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	99.70
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	99.70
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	99.60
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	99.60

NDB_No	Description	Choline, total(mg) Value Per
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	99.50
17136	Veal, sirloin, separable lean and fat, cooked, roasted	99.50
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	99.50
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	99.50
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	99.50
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	99.50
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	99.40
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	99.40
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	99.30
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	99.30
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	99.30
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	99.20
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	99.20
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	99.20
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	99.20
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	99.10
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	99.10
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	99.10
17131	Veal, shoulder, blade chop, separable lean only, raw	99.10
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	99.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	99.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	99.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	99.00
17104	Veal, loin, separable lean and fat, raw	98.90
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	98.80
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	98.70
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	98.70
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	98.60
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	98.60
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	98.60
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	98.50
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	98.50
21003	Fast foods, biscuit, with egg and bacon	98.50
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	98.50
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	98.40
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	98.20

NDB_No	Description	Choline, total(mg) Value Per
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	98.20
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	98.20
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	98.20
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	98.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	98.00
16080	Mung beans, mature seeds, raw	97.90
21005	Fast Foods, biscuit, with egg and sausage	97.90
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	97.90
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	97.80
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	97.80
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	97.70
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	97.30
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	97.20
17148	Bison, ground, grass-fed, cooked	97.20
02012	Spices, coriander leaf, dried	97.10
02029	Spices, parsley, dried	97.10
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	97.00
21004	Fast foods, biscuit, with egg and ham	97.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	96.90
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	96.80
07019	Chorizo, pork and beef	96.70
16071	Lima beans, large, mature seeds, raw	96.70
17435	Veal, shank, separable lean and fat, raw	96.70
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	96.60
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	96.60
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	96.60
17142	Veal, ground, raw	96.50
05327	Chicken breast tenders, breaded, uncooked	96.40
16069	Lentils, raw	96.40
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	96.40
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	96.30
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	96.20
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	96.10
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	96.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	95.90
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	95.90

NDB_No	Description	Choline, total(mg) Value Per
05188	Turkey, from whole, dark meat, cooked, roasted	95.80
05216	Turkey, back, from whole bird, meat only, roasted	95.80
05741	Turkey, thigh, from whole bird, meat only, roasted	95.80
16052	Broadbeans (fava beans), mature seeds, raw	95.80
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	95.80
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	95.80
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	95.70
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	95.60
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	95.60
16085	Peas, green, split, mature seeds, raw	95.50
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	95.20
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	95.10
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	95.10
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	95.10
15014	Fish, cisco, smoked	95.00
15042	Fish, herring, Atlantic, kippered	95.00
15131	Fish, whitefish, mixed species, smoked	95.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	95.00
17143	Veal, ground, cooked, broiled	95.00
43497	Jellyfish, dried, salted	95.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	94.80
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	94.80
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	94.80
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	94.70
15083	Fish, salmon, pink, raw	94.60
15085	Fish, salmon, sockeye, raw	94.60
16399	Peanut butter with omega-3, creamy	94.50
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	94.40
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	94.40
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	94.40
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	94.20
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	94.20
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	94.10
32032	Sausage, egg and cheese breakfast biscuit	94.10
07013	Bratwurst, pork, cooked	94.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	94.00

NDB_No	Description	Choline, total(mg) Value Per
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	94.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	94.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	93.90
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	93.80
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	93.70
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	93.70
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	93.60
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	93.60
07069	Salami, cooked, beef and pork	93.50
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	93.50
17225	Lamb, ground, cooked, broiled	93.40
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	93.40
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	93.40
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	93.30
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	93.20
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	93.20
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	93.20
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	93.20
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	93.20
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	93.10
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	93.10
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	93.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	93.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	93.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	92.90
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	92.90
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	92.90
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	92.90
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	92.90
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	92.80
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	92.80
17128	Veal, shoulder, blade chop, separable lean and fat, raw	92.70
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	92.70
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	92.60
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	92.60
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	92.60

NDB_No	Description	Choline, total(mg) Value Per
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	92.60
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	92.50
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	92.40
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	92.40
15035	Fish, haddock, smoked	92.30
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	92.30
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	92.30
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	92.20
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	92.20
21011	Fast foods, croissant, with egg and cheese	92.20
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	92.10
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	92.10
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	92.10
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	92.10
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	92.10
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	92.10
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	92.10
18175	Cookies, ladyfingers, with lemon juice and rind	92.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	91.90
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	91.90
18028	Bread, egg, toasted	91.90
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	91.80
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	91.70
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	91.70
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	91.60
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	91.60
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	91.60
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	91.60
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	91.60
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	91.50
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	91.50
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	91.50
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	91.40
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	91.40
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	91.30
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	91.30

NDB_No	Description	Choline, total(mg) Value Per
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	91.30
05012	Chicken, broilers or fryers, meat only, cooked, fried	91.20
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	91.20
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	91.10
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	91.10
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	91.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	91.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	91.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	91.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	91.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	91.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	90.80
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	90.70
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	90.70
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	90.70
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	90.60
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	90.60
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	90.50
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	90.50
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	90.50
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	90.50
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	90.40
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	90.30
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	90.30
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	90.30
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	90.30
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	90.20
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	90.20
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	90.10
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	90.10
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	90.10
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	90.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	90.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	89.90
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	89.90
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	89.80

NDB_No	Description	Choline, total(mg) Value Per
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	89.80
05173	Turkey, gizzard, all classes, raw	89.70
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	89.70
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	89.60
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	89.60
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	89.50
17094	Veal, leg (top round), separable lean and fat, raw	89.50
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	89.50
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	89.50
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	89.50
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	89.30
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	89.30
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	89.30
13348	Beef, cured, corned beef, canned	89.20
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	89.20
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	89.20
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	89.20
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	89.20
01095	Milk, canned, condensed, sweetened	89.10
01225	Dulce de Leche	89.10
11634	Peppers, sweet, green, freeze-dried	89.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	89.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	89.00
15077	Fish, salmon, chinook, smoked	89.00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	88.90
05168	Turkey, whole, meat only, cooked, roasted	88.90
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	88.90
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	88.90
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	88.90
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	88.80
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	88.80
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	88.80
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	88.70
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	88.70
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	88.70
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	88.70

NDB_No	Description	Choline, total(mg) Value Per
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	88.70
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	88.60
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	88.60
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	88.60
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	88.50
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	88.40
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	88.40
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	88.40
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	88.40
43132	Meatballs, meatless	88.40
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	88.30
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	88.30
10220	Pork, fresh, ground, cooked	88.30
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	88.10
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	88.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	88.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	88.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	88.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	88.00
07973	Turkey bacon, microwaved	87.90
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	87.90
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	87.90
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	87.90
17343	Game meat, deer, ground, raw	87.90
15084	Fish, salmon, pink, canned, total can contents	87.80
15260	Fish, salmon, pink, canned, drained solids	87.80
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	87.60
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	87.50
05166	Turkey, whole, meat and skin, cooked, roasted	87.40
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	87.40
16037	Beans, navy, mature seeds, raw	87.40
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	87.40
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	87.40
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	87.40
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	87.30
15106	Fish, sturgeon, mixed species, smoked	87.30

NDB_No	Description	Choline, total(mg) Value Per
43326	Pork, cured, ham, low sodium, lean and fat, cooked	87.20
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	87.10
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	87.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	86.90
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	86.90
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	86.90
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	86.90
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	86.80
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	86.70
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	86.70
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	86.60
13023	Beef, brisket, whole, separable lean only, all grades, raw	86.50
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	86.50
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	86.50
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	86.40
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	86.40
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	86.40
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	86.40
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	86.20
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	86.20
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	86.20
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	86.10
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	86.10
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	86.10
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	86.10
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	86.10
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	86.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	86.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	86.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	86.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	86.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	86.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	86.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	86.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	85.90
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.90

NDB_No	Description	Choline, total(mg) Value Per
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	85.90
17149	Bison, ground, grass-fed, raw	85.80
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.80
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	85.80
43283	Pheasant, cooked, total edible	85.80
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.70
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.60
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.60
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.50
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.50
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.40
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.40
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.40
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	85.30
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	85.20
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	85.10
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.10
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.10
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.00
15002	Fish, anchovy, european, canned in oil, drained solids	85.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85.00
15048	Fish, mackerel, jack, canned, drained solids	85.00
15080	Fish, salmon, chum, canned, drained solids with bone	85.00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	85.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	84.90
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	84.80
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	84.80
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	84.80
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	84.80
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	84.80
05228	Turkey, wing, from whole bird, meat only, roasted	84.70
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	84.70
10152	Pork, cured, ham, whole, separable lean only, unheated	84.70
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	84.60
05220	Turkey, breast, from whole bird, meat only, roasted	84.40
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	84.40

NDB_No	Description	Choline, total(mg) Value Per
11962	Peppers, hot chile, sun-dried	84.30
18027	Bread, egg	84.30
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	84.30
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	84.20
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	84.20
43130	Frankfurter, meatless	84.20
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	84.10
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	84.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	84.00
21014	Fast foods, croissant, with egg, cheese, and sausage	84.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	84.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	83.90
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	83.80
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	83.80
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	83.70
15016	Fish, cod, Atlantic, cooked, dry heat	83.70
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	83.70
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	83.60
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	83.60
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	83.60
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	83.50
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	83.50
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	83.50
05186	Turkey, all classes, light meat, cooked, roasted	83.40
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	83.40
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	83.30
15040	Fish, herring, Atlantic, cooked, dry heat	83.30
15133	Fish, whiting, mixed species, cooked, dry heat	83.30
15264	Salmon, sockeye, canned, drained solids, without skin and bones	83.30
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	83.20
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	83.20
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	83.20
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	83.20
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	83.10
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	83.10
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	83.00

NDB_No	Description	Choline, total(mg) Value Per
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	83.00
17122	Veal, shoulder, arm, separable lean and fat, raw	83.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	82.80
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	82.70
15087	Fish, salmon, sockeye, canned, drained solids	82.60
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	82.60
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	82.50
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	82.50
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	82.50
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	82.40
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	82.40
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	82.30
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	82.30
17134	Veal, sirloin, separable lean and fat, raw	82.30
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	82.30
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	82.30
05174	Turkey, gizzard, all classes, cooked, simmered	82.20
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	82.20
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	82.20
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	82.20
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	82.10
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	82.10
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	82.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	82.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	82.00
43134	Vegetarian fillets	82.00
07029	Ham, sliced, regular (approximately 11% fat)	81.90
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	81.90
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	81.90
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	81.90
10185	Pork, cured, ham, extra lean and regular, canned, roasted	81.80
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	81.80
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	81.80
03938	Infant formula, PBM PRODUCTS, store brand, powder	81.70
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	81.70

NDB_No	Description	Choline, total(mg) Value Per
01223	Protein supplement, milk based, Muscle Milk, powder	81.60
01224	Protein supplement, milk based, Muscle Milk Light, powder	81.60
13355	Beef, cured, pastrami	81.60
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	81.60
14033	Beverages, ABBOTT, EAS whey protein powder	81.60
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	81.50
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	81.40
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	81.40
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	81.40
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	81.30
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	81.30
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	81.30
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	81.30
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	81.30
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	81.20
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	81.20
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	81.10
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	81.10
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	81.00
15170	Mollusks, oyster, eastern, canned	81.00
15230	Mollusks, octopus, common, cooked, moist heat	81.00
15250	Mollusks, conch, baked or broiled	81.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	81.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	81.00
23220	Beef, ground, unspecified fat content, cooked	81.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	81.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	80.90
15140	Crustaceans, crab, blue, cooked, moist heat	80.90
15141	Crustaceans, crab, blue, canned	80.90
15145	Crustaceans, crayfish, mixed species, wild, raw	80.90
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	80.90
15148	Crustaceans, lobster, northern, cooked, moist heat	80.90
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	80.90
15152	Crustaceans, shrimp, mixed species, canned	80.90
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	80.90
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	80.80

NDB_No	Description	Choline, total(mg) Value Per
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	80.70
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	80.70
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	80.70
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	80.50
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	80.40
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	80.40
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	80.30
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	80.30
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	80.20
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	80.10
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	80.10
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	80.10
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	80.10
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	80.00
11798	Mushrooms, shiitake, cooked, with salt	80.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	80.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	79.90
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	79.90
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	79.90
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	79.90
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	79.90
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	79.90
04001	Fat, beef tallow	79.80
04520	Fat, mutton tallow	79.80
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	79.80
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	79.80
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	79.80
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	79.80
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	79.70
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	79.70
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	79.70
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	79.60
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	79.60
15034	Fish, haddock, cooked, dry heat	79.60
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	79.50
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	79.40

NDB_No	Description	Choline, total(mg) Value Per
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	79.40
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	79.40
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	79.30
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	79.20
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	79.20
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	79.10
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	79.10
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	79.10
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	79.10
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	79.00
07078	Thuringer, cervelat, summer sausage, beef, pork	78.90
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	78.90
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	78.90
05013	Chicken, broilers or fryers, meat only, roasted	78.80
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	78.80
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	78.80
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	78.70
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	78.70
12220	Seeds, flaxseed	78.70
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	78.70
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	78.70
15235	Fish, catfish, channel, farmed, cooked, dry heat	78.70
20109	Noodles, egg, dry, enriched	78.70
20409	Noodles, egg, dry, unenriched	78.70
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	78.70
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	78.60
15058	Fish, ocean perch, Atlantic, cooked, dry heat	78.60
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	78.50
15236	Fish, salmon, Atlantic, farmed, raw	78.50
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	78.40
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	78.30
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	78.30
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	78.30
05306	Ground turkey, cooked	78.20
05705	Turkey, whole, meat only, with added solution, roasted	78.20
07089	Sausage, Italian, pork, cooked	78.20

NDB_No	Description	Choline, total(mg) Value Per
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	78.20
05713	Turkey, retail parts, wing, meat only, cooked, roasted	78.10
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	78.10
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	78.10
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	78.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	78.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	77.80
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	77.80
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	77.80
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	77.80
05180	Turkey from whole, neck, meat only, cooked, simmered	77.70
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	77.70
05707	Turkey, whole, meat and skin, with added solution, roasted	77.70
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	77.70
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	77.60
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	77.60
15241	Fish, trout, rainbow, farmed, cooked, dry heat	77.60
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	77.60
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	77.50
15111	Fish, swordfish, cooked, dry heat	77.50
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	77.30
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	77.30
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	77.10
07027	Ham, chopped, not canned	77.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	77.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	76.90
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	76.90
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	76.90
05118	Chicken, roasting, light meat, meat only, cooked, roasted	76.80
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	76.80
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	76.70
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	76.70
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	76.60
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	76.60
05711	Turkey, retail parts, breast, meat only, cooked, roasted	76.40
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	76.30

NDB_No	Description	Choline, total(mg) Value Per
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	76.20
10130	Canadian bacon, unprepared	76.10
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	76.10
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	76.10
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	76.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	76.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	76.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	76.00
42280	Frankfurter, meat and poultry, low fat	76.00
05717	Turkey, retail parts, thigh, meat only, raw	75.90
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	75.80
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	75.80
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	75.80
15065	Fish, pollock, Atlantic, raw	75.80
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	75.80
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	75.70
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	75.70
05716	Turkey, retail parts, drumstick, meat only, raw	75.60
10024	Pork, fresh, loin, whole, separable lean only, raw	75.60
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	75.60
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	75.60
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	75.50
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	75.50
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	75.40
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	75.30
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	75.20
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	75.20
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	75.10
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	75.10
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	75.10
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	75.10
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	75.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	75.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	75.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	75.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	75.00

NDB_No	Description	Choline, total(mg) Value Per
07905	Frankfurter, beef, pork, and turkey, fat free	74.90
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	74.90
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	74.90
15253	Salmon, sockeye, canned, total can contents	74.80
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	74.70
13317	Beef, ground, patties, frozen, cooked, broiled	74.60
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	74.60
23094	Beef, chuck for stew, separable lean and fat, select, raw	74.60
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	74.40
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	74.40
20077	Wheat bran, crude	74.40
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	74.30
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	74.30
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	74.20
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	74.20
11672	Potato pancakes	74.20
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	74.20
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	74.20
05284	Turkey, canned, meat only, with broth	74.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	74.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	74.00
15094	Fish, shad, american, raw	74.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	74.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	74.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	73.90
05170	Turkey, skin from whole (light and dark), roasted	73.80
05311	Chicken, canned, no broth	73.80
05336	USDA Commodity Chicken, canned, meat only, drained	73.80
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	73.80
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	73.80
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	73.80
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	73.70
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	73.50
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	73.50
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	73.40
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	73.40

NDB_No	Description	Choline, total(mg) Value Per
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	73.30
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	73.30
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	73.30
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	73.30
36633	Restaurant, Chinese, sesame chicken	73.30
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	73.20
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	73.20
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	73.20
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	73.10
43137	Vegetarian meatloaf or patties	73.10
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	73.00
07056	Peppered loaf, pork, beef	73.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	73.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	73.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	72.90
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	72.80
07005	Blood sausage	72.80
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	72.80
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	72.80
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	72.80
23477	Beef, ground, 97% lean meat / 3% fat, raw	72.80
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	72.80
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	72.70
07072	Salami, dry or hard, pork, beef	72.60
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	72.60
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	72.60
05736	Turkey, retail parts, drumstick, meat and skin, raw	72.50
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	72.50
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	72.50
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	72.50
05014	Chicken, broilers or fryers, meat only, stewed	72.40
07951	Scrapple, pork	72.40
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	72.40
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	72.30
07050	Mortadella, beef, pork	72.20
16112	Miso	72.20

NDB_No	Description	Choline, total(mg) Value Per
11683	Carrot, dehydrated	72.10
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	72.00
15247	Fish, salmon, coho, wild, cooked, dry heat	72.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	72.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	71.90
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	71.90
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	71.80
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	71.80
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	71.80
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	71.70
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	71.70
10973	Pork, ground, 96% lean / 4% fat, raw	71.70
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	71.70
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	71.60
43128	Chicken, meatless	71.60
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	71.50
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	71.50
12152	Nuts, pistachio nuts, dry roasted, without salt added	71.40
12652	Nuts, pistachio nuts, dry roasted, with salt added	71.40
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	71.40
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	71.20
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	71.20
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	71.10
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	71.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	71.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	71.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	70.90
23557	Beef, ground, 95% lean meat / 5% fat, raw	70.90
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	70.90
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	70.80
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	70.80
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	70.80
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	70.70
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	70.60
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	70.60
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	70.50

NDB_No	Description	Choline, total(mg) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	70.40
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	70.40
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	70.40
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	70.40
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	70.30
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	70.30
15147	Crustaceans, lobster, northern, raw	70.30
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	70.20
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	70.20
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	70.20
15055	Fish, mullet, striped, raw	70.20
20035	Quinoa, uncooked	70.20
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	70.10
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	70.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	70.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	70.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	70.00
05742	Turkey, retail parts, thigh, meat and skin, raw	69.90
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	69.90
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	69.90
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	69.90
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	69.80
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	69.80
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	69.80
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	69.80
20001	Amaranth grain, uncooked	69.80
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	69.80
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	69.70
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	69.70
10020	Pork, fresh, loin, whole, separable lean and fat, raw	69.70
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	69.70
16107	Sausage, meatless	69.70
05187	Turkey from whole, dark meat, meat only, raw	69.60
05740	Turkey, thigh, from whole bird, meat only, raw	69.60
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	69.60
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	69.60

NDB_No	Description	Choline, total(mg) Value Per
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	69.50
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	69.50
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	69.50
07030	Ham, minced	69.40
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	69.30
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	69.30
17224	Lamb, ground, raw	69.30
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	69.30
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	69.20
13347	Beef, cured, corned beef, brisket, cooked	69.20
23095	Beef, chuck for stew, separable lean and fat, choice, raw	69.10
07031	Ham salad spread	69.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	69.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	69.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	68.90
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	68.90
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	68.90
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	68.90
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	68.70
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	68.70
10184	Pork, cured, ham, extra lean and regular, canned, unheated	68.70
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	68.70
43366	Turkey, wing, smoked, cooked, with skin, bone removed	68.70
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	68.60
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	68.60
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	68.50
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	68.40
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	68.30
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	68.30
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	68.30
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	68.30
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	68.20
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	68.20
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	68.20
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	68.10
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	68.00

NDB_No	Description	Choline, total(mg) Value Per
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	68.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	67.90
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	67.90
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	67.90
32024	Rice mix, cheese flavor, dry mix, unprepared	67.90
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	67.80
05353	USDA Commodity, chicken fajita strips, frozen	67.80
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	67.60
05190	Turkey, all classes, back, meat and skin, cooked, roasted	67.60
02020	Spices, garlic powder	67.50
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	67.50
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	67.50
13047	Beef, grass-fed, ground, raw	67.40
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	67.40
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	67.40
16149	Peanut spread, reduced sugar	67.40
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	67.30
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	67.20
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	67.20
16040	Beans, pink, mature seeds, raw	67.20
05057	Chicken, broilers or fryers, breast, meat and skin, raw	67.10
07002	Beerwurst, beer salami, pork and beef	67.10
15020	Fish, croaker, Atlantic, raw	67.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	66.90
07051	Olive loaf, pork	66.70
07052	Pastrami, turkey	66.70
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	66.70
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	66.70
02009	Spices, chili powder	66.50
05147	Goose, domesticated, meat and skin, cooked, roasted	66.50
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	66.50
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	66.50
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	66.40
14368	Beverages, tea, instant, lemon, unsweetened	66.40
16014	Beans, black, mature seeds, raw	66.40
05310	Chicken, cornish game hens, meat only, cooked, roasted	66.30

NDB_No	Description	Choline, total(mg) Value Per
07032	Ham and cheese loaf or roll	66.30
16042	Beans, pinto, mature seeds, raw	66.20
16049	Beans, white, mature seeds, raw	66.20
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	66.10
23562	Beef, ground, 90% lean meat / 10% fat, raw	66.10
36629	Restaurant, Chinese, orange chicken	66.10
11667	Seaweed, spirulina, dried	66.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	66.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	65.90
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	65.90
16032	Beans, kidney, red, mature seeds, raw	65.90
43282	Quail, cooked, total edible	65.90
05105	Chicken, broilers or fryers, wing, meat only, raw	65.80
05011	Chicken, broilers or fryers, meat only, raw	65.70
05642	Ostrich, ground, cooked, pan-broiled	65.70
16167	USDA Commodity, Peanut Butter, smooth	65.70
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	65.70
07008	Bologna, beef and pork	65.60
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	65.60
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	65.60
05738	Turkey, drumstick, from whole bird, meat only, raw	65.50
10192	Pork, fresh, backribs, separable lean and fat, raw	65.50
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.40
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.40
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	65.30
01186	Cheese, cream, fat free	65.20
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	65.20
15015	Fish, cod, Atlantic, raw	65.20
13000	Beef, grass-fed, strip steaks, lean only, raw	65.10
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.10
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	65.10
43406	Yeast extract spread	65.10
05142	Duck, domesticated, meat only, cooked, roasted	65.00
07021	Dutch brand loaf, chicken, pork and beef	65.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	65.00
15008	Fish, carp, raw	65.00

NDB_No	Description	Choline, total(mg) Value Per
15019	Fish, cod, Pacific, raw (may have been previously frozen)	65.00
15025	Fish, eel, mixed species, raw	65.00
15028	Fish, flatfish (flounder and sole species), raw	65.00
15033	Fish, haddock, raw	65.00
15039	Fish, herring, Atlantic, raw	65.00
15046	Fish, mackerel, Atlantic, raw	65.00
15057	Fish, ocean perch, Atlantic, raw	65.00
15060	Fish, perch, mixed species, raw	65.00
15062	Fish, pike, northern, raw	65.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	65.00
15070	Fish, rockfish, Pacific, mixed species, raw	65.00
15090	Fish, scup, raw	65.00
15095	Fish, shark, mixed species, raw	65.00
15099	Fish, smelt, rainbow, raw	65.00
15101	Fish, snapper, mixed species, raw	65.00
15110	Fish, swordfish, raw	65.00
15114	Fish, trout, mixed species, raw	65.00
15117	Fish, tuna, fresh, bluefin, raw	65.00
15127	Fish, tuna, fresh, yellowfin, raw	65.00
15130	Fish, whitefish, mixed species, raw	65.00
15132	Fish, whiting, mixed species, raw	65.00
15155	Mollusks, abalone, mixed species, raw	65.00
15157	Mollusks, clam, mixed species, raw	65.00
15164	Mollusks, mussel, blue, raw	65.00
15166	Mollusks, octopus, common, raw	65.00
15167	Mollusks, oyster, eastern, wild, raw	65.00
15172	Mollusks, scallop, mixed species, raw	65.00
15175	Mollusks, squid, mixed species, raw	65.00
15177	Mollusks, whelk, unspecified, raw	65.00
15234	Fish, catfish, channel, farmed, raw	65.00
15240	Fish, trout, rainbow, farmed, raw	65.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	65.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	65.00
80200	Frog legs, raw	65.00
90560	Mollusks, snail, raw	65.00
93600	Turtle, green, raw	65.00

NDB_No	Description	Choline, total(mg) Value Per
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	64.90
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	64.80
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	64.80
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.80
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.80
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	64.70
05708	Turkey, retail parts, breast, meat only, with added solution, raw	64.70
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	64.70
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	64.70
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	64.60
16090	Peanuts, all types, dry-roasted, with salt	64.60
16390	Peanuts, all types, dry-roasted, without salt	64.60
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	64.60
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	64.50
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	64.50
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	64.50
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	64.50
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	64.50
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	64.50
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	64.40
05663	Ground turkey, fat free, pan-broiled crumbles	64.40
07026	Ham, chopped, canned	64.40
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	64.40
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	64.40
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	64.30
13166	USDA Commodity, beef, canned	64.30
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	64.30
02015	Spices, curry powder	64.20
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	64.20
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.20
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	64.20
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.20
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	64.10
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	64.10
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	64.00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	64.00

NDB_No	Description	Choline, total(mg) Value Per
05277	Chicken, canned, meat only, with broth	64.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	64.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	64.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	64.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	64.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	63.90
07044	USDA Commodity, luncheon meat, canned	63.90
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	63.90
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.90
05183	Turkey, dark meat, meat and skin, raw	63.80
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	63.80
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.80
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	63.70
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	63.60
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	63.60
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	63.60
43287	Dove, cooked (includes squab)	63.60
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	63.50
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	63.50
42291	Peanut butter, reduced sodium	63.50
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	63.40
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	63.40
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	63.40
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	63.40
16150	Peanut butter, smooth, reduced fat	63.40
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.40
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	63.30
16155	Peanut butter, smooth, vitamin and mineral fortified	63.30
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	63.30
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.30
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	63.20
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	63.20
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	63.20
07016	Cheesefurter, cheese smokie, pork, beef	63.10
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	63.10
05694	Turkey, dark meat from whole, meat only, with added solution, raw	63.00

NDB_No	Description	Choline, total(mg) Value Per
05719	Turkey, back, from whole bird, meat only, with added solution, raw	63.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	63.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	63.00
12014	Seeds, pumpkin and squash seed kernels, dried	63.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	63.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	63.00
16098	Peanut butter, smooth style, with salt	63.00
16398	Peanut butter, smooth style, without salt	63.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	62.90
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	62.80
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	62.80
07039	Lebanon bologna, beef	62.70
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	62.70
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	62.60
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	62.50
43299	Soybean, curd cheese	62.50
07028	Ham, sliced, packaged (96% fat free, water added)	62.40
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	62.30
07064	Pork sausage, link/patty, cooked, pan-fried	62.30
07073	Sandwich spread, pork, beef	62.30
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	62.20
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	62.20
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	62.10
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	62.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	62.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	62.00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	62.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	61.90
07045	Luncheon meat, pork, canned	61.80
15036	Fish, halibut, Atlantic and Pacific, raw	61.80
15038	Fish, halibut, Greenland, raw	61.80
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	61.80
06128	Soup, chicken noodle, dry, mix	61.70
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	61.60
10972	Pork, ground, 84% lean / 16% fat, raw	61.50
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	61.50

NDB_No	Description	Choline, total(mg) Value Per
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	61.50
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	61.40
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	61.40
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	61.40
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	61.30
05219	Turkey, breast, from whole bird, meat only, raw	61.30
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	61.30
16097	Peanut butter, chunk style, with salt	61.30
16397	Peanut butter, chunk style, without salt	61.30
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	61.30
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	61.30
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	61.30
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	61.30
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	61.30
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	61.20
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	61.20
23567	Beef, ground, 85% lean meat / 15% fat, raw	61.20
07074	Smoked link sausage, pork	61.10
16156	Peanut butter, chunky, vitamin and mineral fortified	61.10
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	61.10
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	61.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	61.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	61.00
11658	Spinach souffle	61.00
12085	Nuts, cashew nuts, dry roasted, without salt added	61.00
12086	Nuts, cashew nuts, oil roasted, without salt added	61.00
12585	Nuts, cashew nuts, dry roasted, with salt added	61.00
12586	Nuts, cashew nuts, oil roasted, with salt added	61.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	61.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	61.00
15091	Fish, sea bass, mixed species, raw	60.80
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	60.70
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	60.60
01250	Nutritional supplement for people with diabetes, liquid	60.50
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	60.50
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	60.50

NDB_No	Description	Choline, total(mg) Value Per
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	60.40
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	60.40
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	60.30
05167	Turkey, whole, meat only, raw	60.20
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	60.20
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	60.20
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	60.10
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	60.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	60.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	60.00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	60.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	60.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	60.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	60.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	60.00
07979	Sausage, pork, turkey, and beef, reduced sodium	60.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	59.90
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	59.80
05006	Chicken, broilers or fryers, meat and skin, raw	59.70
05338	USDA Commodity, Chicken, canned, meat only, with broth	59.70
10088	Pork, fresh, spareribs, separable lean and fat, raw	59.70
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	59.60
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	59.60
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	59.50
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	59.50
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	59.50
11267	Mushrooms, shiitake, stir-fried	59.40
07971	Bologna, meat and poultry	59.30
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	59.20
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	59.20
05337	USDA Commodity, Chicken, canned, meat only, with water	59.10
07959	Bologna, chicken, pork, beef	59.10
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	59.10
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	59.00
05333	Chicken, ground, crumbles, cooked, pan-browned	59.00
07900	Turkey, pork, and beef sausage, low fat, smoked	59.00

NDB_No	Description	Choline, total(mg) Value Per
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	58.90
05664	Ground turkey, fat free, patties, broiled	58.90
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	58.90
05332	Chicken, ground, raw	58.80
07065	Pork and beef sausage, fresh, cooked	58.80
11967	Cauliflower, green, cooked, no salt added	58.80
14311	Beverages, Malted drink mix, natural, powder, dairy based.	58.70
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	58.70
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	58.70
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	58.70
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	58.60
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	58.60
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	58.60
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	58.50
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	58.40
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	58.30
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	58.30
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	58.30
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	58.30
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	58.20
05165	Turkey, whole, meat and skin, raw	58.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	58.00
06101	Soup, cream of vegetable, dry, powder	58.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	58.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	58.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	58.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	57.90
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	57.80
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	57.80
25043	Snacks, candy bits, yogurt covered with vitamin C	57.80
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	57.70
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	57.70
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	57.60
07068	Salami, cooked, beef	57.50
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	57.50
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	57.40

NDB_No	Description	Choline, total(mg) Value Per
07965	Pork sausage, link/patty, reduced fat, unprepared	57.30
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	57.30
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	57.20
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	57.10
11965	Cauliflower, green, raw	57.10
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	57.10
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	57.10
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	57.00
16113	Natto	57.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	57.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	57.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	57.00
07974	Bacon, turkey, low sodium	56.90
03021	Babyfood, meat, meat sticks, junior	56.80
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	56.70
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	56.60
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	56.60
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	56.50
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	56.50
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	56.50
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	56.40
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	56.40
23572	Beef, ground, 80% lean meat / 20% fat, raw	56.40
06969	Potato soup, instant, dry mix	56.30
11212	Edamame, frozen, prepared	56.30
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	56.30
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	56.30
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	56.30
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	56.30
07964	Frankfurter, meat and poultry, cooked, grilled	56.20
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	56.10
13020	Beef, retail cuts, separable fat, cooked	56.10
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	56.10
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	56.10
11211	Edamame, frozen, unprepared	56.00
15104	Fish, sturgeon, mixed species, raw	56.00

NDB_No	Description	Choline, total(mg) Value Per
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	56.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	56.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	56.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	55.90
42190	Pork sausage rice links, brown and serve, cooked	55.90
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	55.80
12147	Nuts, pine nuts, dried	55.80
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	55.70
36045	ON THE BORDER, refried beans	55.70
36418	Restaurant, Mexican, refried beans	55.70
18386	Muffins, blueberry, toaster-type, toasted	55.60
11656	Corn pudding, home prepared	55.50
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	55.50
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	55.40
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	55.40
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	55.40
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	55.40
16089	Peanuts, all types, oil-roasted, with salt	55.30
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	55.20
05693	Chicken, broiler, rotisserie, BBQ, back meat only	55.10
12036	Seeds, sunflower seed kernels, dried	55.10
12037	Seeds, sunflower seed kernels, dry roasted, without salt	55.10
12038	Seeds, sunflower seed kernels, oil roasted, without salt	55.10
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	55.10
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	55.10
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	55.10
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	55.10
07038	Knackwurst, knockwurst, pork, beef	55.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	55.00
11640	Shallots, freeze-dried	55.00
16389	Peanuts, all types, oil-roasted, without salt	55.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	55.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	55.00
02003	Spices, basil, dried	54.90
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	54.90
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	54.80

NDB_No	Description	Choline, total(mg) Value Per
03010	Babyfood, meat, lamb, strained	54.70
03011	Babyfood, meat, lamb, junior	54.70
07010	Bologna, pork	54.40
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	54.40
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	54.40
07963	Frankfurter, meat and poultry, cooked, boiled	54.30
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	54.30
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	54.30
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.30
20009	Buckwheat groats, roasted, dry	54.20
20011	Buckwheat flour, whole-groat	54.20
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	54.20
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	54.10
19437	Snacks, potato chips, fat free, salted	54.10
05179	Turkey from whole, neck, meat only, raw	54.00
07011	Bologna, turkey	54.00
11284	Onions, dehydrated flakes	53.90
36033	Restaurant, family style, fish fillet, battered or breaded, fried	53.70
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	53.60
05141	Duck, domesticated, meat only, raw	53.60
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	53.50
03017	Babyfood, meat, turkey sticks, junior	53.30
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	53.30
07952	Bologna, chicken, turkey, pork	53.30
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	53.30
42161	Bologna, beef, low fat	53.30
05354	USDA Commodity, turkey taco meat, frozen, cooked	53.20
07070	Salami, cooked, turkey	53.10
05185	Turkey from whole, light meat, raw	53.00
05665	Ground turkey, 93% lean, 7% fat, raw	53.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	53.00
19823	Potato chips, without salt, reduced fat	53.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	53.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	52.80
05704	Turkey, whole, meat only, with added solution, raw	52.60
07063	Pork sausage, link/patty, unprepared	52.50

NDB_No	Description	Choline, total(mg) Value Per
16087	Peanuts, all types, raw	52.50
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	52.40
05710	Turkey, retail parts, breast, meat only, raw	52.30
01057	Eggnog	52.20
12061	Nuts, almonds	52.10
12062	Nuts, almonds, blanched	52.10
12063	Nuts, almonds, dry roasted, without salt added	52.10
12065	Nuts, almonds, oil roasted, without salt added	52.10
12195	Nuts, almond butter, plain, without salt added	52.10
12563	Nuts, almonds, dry roasted, with salt added	52.10
12565	Nuts, almonds, oil roasted, with salt added	52.10
12665	Nuts, almonds, oil roasted, lightly salted	52.10
12695	Nuts, almond butter, plain, with salt added	52.10
07953	Pork sausage, link/patty, fully cooked, microwaved	52.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	52.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	52.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	52.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	52.00
18277	Muffins, blueberry, toaster-type	51.70
18279	Muffins, corn, commercially prepared	51.70
18940	Muffin, blueberry, commercially prepared, low-fat	51.70
05668	Ground turkey, 85% lean, 15% fat, raw	51.60
23577	Beef, ground, 75% lean meat / 25% fat, raw	51.60
02028	Spices, paprika	51.50
02031	Spices, pepper, red or cayenne	51.50
15068	Fish, pompano, florida, raw	51.50
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	51.50
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	51.40
07956	Beef sausage, fresh, cooked	51.40
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	51.40
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	51.30
15262	Fish, tilapia, cooked, dry heat	51.30
07057	Pepperoni, beef and pork, sliced	51.20
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	51.20
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	51.10
11993	Mushrooms, maitake, raw	51.10

NDB_No	Description	Choline, total(mg) Value Per
05305	Ground turkey, raw	50.80
05706	Turkey, whole, meat and skin, with added solution, raw	50.80
07945	Frankfurter, beef, heated	50.80
07075	Sausage, smoked link sausage, pork and beef	50.70
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	50.70
21059	Fast foods, shrimp, breaded and fried	50.60
07024	Frankfurter, chicken	50.50
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	50.50
15051	Fish, mackerel, spanish, raw	50.50
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	50.50
05140	Duck, domesticated, meat and skin, cooked, roasted	50.40
05181	Turkey from whole, light meat, meat and skin, raw	50.40
05712	Turkey, retail parts, wing, meat only, raw	50.40
07962	Frankfurter, meat and poultry, unheated	50.20
05732	Turkey, retail parts, breast, meat and skin, raw	50.10
36001	APPLEBEE'S, Double Crunch Shrimp	50.10
36016	Restaurant, family style, shrimp, breaded and fried	50.10
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	49.90
04002	Lard	49.70
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	49.60
07067	Poultry salad sandwich spread	49.60
03005	Babyfood, meat, veal, strained	49.50
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	49.50
18324	Pie, pecan, commercially prepared	49.50
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.40
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	49.40
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	49.40
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	49.40
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	49.30
02043	Spices, turmeric, ground	49.20
08037	Cereals ready-to-eat, granola, homemade	49.20
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	49.10
04606	Meat drippings (lard, beef tallow, mutton tallow)	49.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	49.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	48.90
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	48.90

NDB_No	Description	Choline, total(mg) Value Per
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	48.80
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	48.80
11987	Mushrooms, oyster, raw	48.70
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	48.70
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	48.70
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	48.70
05080	Chicken, broilers or fryers, leg, meat only, raw	48.60
07022	Frankfurter, beef, unheated	48.60
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	48.60
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	48.60
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	48.50
07025	Frankfurter, turkey	48.40
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	48.40
43476	Tofu yogurt	48.40
05696	Turkey from whole, light meat, meat only, with added solution, raw	48.30
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	48.30
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	48.30
12588	Nuts, cashew butter, plain, with salt added	48.30
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	48.20
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	48.20
42129	Bologna, beef and pork, low fat	48.20
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	48.00
05662	Ground turkey, fat free, raw	47.90
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	47.90
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	47.90
06958	Gravy, instant beef, dry	47.80
10123	Pork, cured, bacon, unprepared	47.80
19126	Candies, milk chocolate coated peanuts	47.80
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	47.80
11950	Mushrooms, enoki, raw	47.70
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	47.60
16109	Soybeans, mature cooked, boiled, without salt	47.50
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	47.40
19143	Candies, MR. GOODBAR Chocolate Bar	47.40
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	47.40
06957	Gravy, brown instant, dry	47.30

NDB_No	Description	Choline, total(mg) Value Per
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	47.30
13498	Beef, ground, 70% lean meat / 30% fat, raw	46.80
19132	Candies, milk chocolate, with almonds	46.80
32031	Salisbury steak with gravy, frozen	46.80
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	46.70
07006	Bockwurst, pork, veal, raw	46.40
43410	Chicken, meatless, breaded, fried	46.30
22978	Chicken tenders, breaded, frozen, prepared	46.20
25051	Snacks, CLIF BAR, mixed flavors	46.20
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	46.10
05734	Turkey, retail parts, wing, meat and skin, raw	46.10
19120	Candies, milk chocolate	46.10
10000	Pork, fresh, composite of separable fat, with added solution, cooked	46.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	46.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	46.00
18147	Cheesecake commercially prepared	45.90
11344	Pigeonpeas, immature seeds, raw	45.80
19134	Candies, milk chocolate, with rice cereal	45.80
05018	Chicken, broilers or fryers, skin only, cooked, roasted	45.70
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	45.70
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	45.70
19078	Baking chocolate, unsweetened, squares	45.70
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	45.70
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	45.60
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	45.60
12120	Nuts, hazelnuts or filberts	45.60
19124	Baking chocolate, mexican, squares	45.60
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	45.60
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	45.50
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	45.50
03181	Babyfood, cereal, barley, dry fortified	45.40
03008	Babyfood, meat, ham, strained	45.20
03009	Babyfood, meat, ham, junior	45.20
07967	Pork sausage, link/patty, fully cooked, unheated	45.20
07972	Meatballs, frozen, Italian style	45.20
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	45.10

NDB_No	Description	Choline, total(mg) Value Per
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	45.10
19422	Snacks, potato chips, reduced fat	45.10
01264	Ice cream bar, stick or nugget, with crunch coating	45.00
16104	Bacon, meatless	45.00
21611	School Lunch, chicken nuggets, whole grain breaded	44.90
05323	Chicken patty, frozen, uncooked	44.80
16038	Beans, navy, mature seeds, cooked, boiled, without salt	44.70
16338	Beans, navy, mature seeds, cooked, boiled, with salt	44.70
12132	Nuts, macadamia nuts, dry roasted, without salt added	44.60
12632	Nuts, macadamia nuts, dry roasted, with salt added	44.60
10132	Pork, cured, feet, pickled	44.50
22972	Pulled pork in barbecue sauce	44.50
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	44.40
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	44.40
11135	Cauliflower, raw	44.30
19524	Snacks, taro chips	44.30
43384	Beef, bologna, reduced sodium	44.30
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	44.20
18969	Cream puff, eclair, custard or cream filled, iced	44.20
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	44.10
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	44.10
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	44.10
42179	Frankfurter, beef, low fat	44.00
07043	Roast beef, deli style, prepackaged, sliced	43.90
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	43.80
36416	Restaurant, Latino, bunuelos (fried yeast bread)	43.80
07083	Sausage, Vienna, canned, chicken, beef, pork	43.70
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	43.70
21395	Fast foods, cheeseburger; double, regular patty; with condiments	43.70
21401	Fast foods, chicken tenders	43.70
02023	Spices, marjoram, dried	43.60
02038	Spices, sage, ground	43.60
02042	Spices, thyme, dried	43.60
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	43.40
03012	Babyfood, meat, chicken, strained	43.20
03013	Babyfood, meat, chicken, junior	43.20

NDB_No	Description	Choline, total(mg) Value Per
03014	Babyfood, meat, chicken sticks, junior	43.20
05673	Chicken, skin (drumsticks and thighs), cooked, braised	43.10
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	43.10
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	43.10
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	43.10
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	43.00
07954	Beef sausage, pre-cooked	42.80
15027	Fish, fish sticks, frozen, prepared	42.80
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	42.80
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	42.80
01259	Cheese spread, American or Cheddar cheese base, reduced fat	42.60
11736	Beet greens, cooked, boiled, drained, with salt	42.50
15261	Fish, tilapia, raw	42.50
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	42.30
04609	Animal fat, bacon grease	42.20
22911	Chili, no beans, canned entree	42.20
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	42.10
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	42.10
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	42.10
36620	Restaurant, Chinese, shrimp and vegetables	42.10
11137	Cauliflower, frozen, unprepared	41.90
07968	Kielbasa, fully cooked, grilled	41.80
36626	Restaurant, Chinese, chicken and vegetables	41.80
05075	Chicken, broilers or fryers, leg, meat and skin, raw	41.60
07969	Kielbasa, fully cooked, pan-fried	41.50
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	41.50
36618	Restaurant, Chinese, general tso's chicken	41.50
18356	Sweet rolls, cinnamon, commercially prepared with raisins	41.30
02021	Spices, ginger, ground	41.20
11453	Soybeans, mature seeds, sprouted, cooked, steamed	41.20
43507	Frankfurter, low sodium	41.20
07929	Sausage, turkey, hot, smoked	41.10
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	41.10
05326	Chicken breast tenders, breaded, cooked, microwaved	40.80
21008	Fast foods, biscuit, with ham	40.80
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	40.70

NDB_No	Description	Choline, total(mg) Value Per
05714	Turkey, skin, from retail parts, from dark meat, raw	40.70
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	40.70
11099	Brussels sprouts, cooked, boiled, drained, without salt	40.60
11745	Brussels sprouts, cooked, boiled, drained, with salt	40.60
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	40.60
12142	Nuts, pecans	40.50
19279	Candies, milk chocolate coated coffee beans	40.50
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	40.50
08120	Cereals, oats, regular and quick, not fortified, dry	40.40
22953	Egg rolls, pork, refrigerated, heated	40.40
14356	Beverages, tea, instant, decaffeinated, lemon, diet	40.20
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	40.20
11091	Broccoli, cooked, boiled, drained, without salt	40.10
11742	Broccoli, cooked, boiled, drained, with salt	40.10
11031	Lima beans, immature seeds, raw	40.00
07978	Pork sausage, reduced sodium, cooked	39.90
27001	Soup, hot and sour, Chinese restaurant	39.90
32029	Rice mix, white and wild, flavored, unprepared	39.90
03015	Babyfood, meat, turkey, strained	39.80
03016	Babyfood, meat, turkey, junior	39.80
21238	McDONALD'S, french fries	39.80
25062	Snack, Mixed Berry Bar	39.80
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	39.70
25060	Snack, Pretzel, hard chocolate coated	39.70
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	39.60
11413	Potato flour	39.50
05356	Chicken, broiler, rotisserie, BBQ, skin	39.30
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	39.30
12155	Nuts, walnuts, english	39.20
16011	Beans, baked, canned, with pork and tomato sauce	39.20
11136	Cauliflower, cooked, boiled, drained, without salt	39.10
11761	Cauliflower, cooked, boiled, drained, with salt	39.10
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	39.10
02026	Spices, onion powder	39.00
18239	Croissants, butter	38.80
18241	Croissants, cheese	38.80

NDB_No	Description	Choline, total(mg) Value Per
19423	Snacks, potato chips, fat-free, made with olestra	38.80
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	38.80
11546	Tomato products, canned, paste, without salt added	38.50
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	38.50
19177	Gelatins, dry powder, unsweetened	38.50
28301	Cookies, peanut butter, commercially prepared, sugar free	38.50
01061	Cheese, American, nonfat or fat free	38.40
11162	Collards, cooked, boiled, drained, without salt	38.40
11768	Collards, cooked, boiled, drained, with salt	38.40
16124	Soy sauce made from soy (tamari)	38.40
27066	Sauce, horseradish	38.40
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	38.40
07970	Kielbasa, fully cooked, unheated	38.30
12157	Nuts, walnuts, dry roasted, with salt added	38.00
18317	Pie, egg custard, commercially prepared	38.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	38.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	37.90
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	37.90
18128	Cake, snack cakes, creme-filled, sponge	37.80
20005	Barley, pearled, raw	37.80
20130	Barley flour or meal	37.80
21398	Fast foods, cheeseburger; single, large patty; with condiments	37.70
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	37.70
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	37.70
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.70
03002	Babyfood, meat, beef, strained	37.60
03003	Babyfood, meat, beef, junior	37.60
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	37.60
18326	Pie, pumpkin, commercially prepared	37.50
19811	Snacks, potato chips, plain, unsalted	37.50
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	37.50
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	37.50
02011	Spices, cloves, ground	37.40
36619	Restaurant, Chinese, kung pao chicken	37.40
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	37.30
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	37.30

NDB_No	Description	Choline, total(mg) Value Per
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	37.30
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	37.20
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	37.20
18133	Cake, sponge, commercially prepared	37.10
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	37.10
19118	Candies, NESTLE, OH HENRY! Bar	37.10
16041	Beans, pink, mature seeds, cooked, boiled, without salt	36.90
16341	Beans, pink, mature seeds, cooked, boiled, with salt	36.90
11269	Mushrooms, shiitake, cooked, without salt	36.80
21138	Fast foods, potato, french fried in vegetable oil	36.80
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	36.80
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	36.80
05169	Turkey, skin from whole, (light and dark), raw	36.70
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	36.60
25012	Snacks, sweet potato chips, unsalted	36.60
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	36.50
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	36.30
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	36.30
43112	Beans, chili, barbecue, ranch style, cooked	36.30
01044	Cheese, pasteurized process, swiss	36.20
01046	Cheese food, pasteurized process, American, vitamin D fortified	36.20
01048	Cheese spread, pasteurized process, American	36.20
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	36.20
01253	Cheese, pasteurized process, American, without added vitamin D	36.20
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	36.20
11588	Waterchestnuts, chinese, (matai), raw	36.20
42258	Cheese product, pasteurized process, cheddar, reduced fat	36.20
43275	Cheese, pasteurized process, American, low fat	36.20
43379	Cheese, pasteurized process, swiss, low fat	36.20
43398	Cheese, pasteurized process, cheddar or American, low sodium	36.20
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	36.10
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	36.00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	36.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	36.00
21610	School Lunch, chicken patty, whole grain breaded	35.90
01252	Cheese product, pasteurized process, American, vitamin D fortified	35.80

NDB_No	Description	Choline, total(mg) Value Per
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	35.60
19150	Candies, REESE'S Peanut Butter Cups	35.40
11207	Dandelion greens, raw	35.30
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	35.30
21102	Fast foods, chicken fillet sandwich, plain with pickles	35.30
08393	Cereals ready-to-eat, KASHI GOLEAN	35.20
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	35.20
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	35.20
36413	Restaurant, Latino, black bean soup	35.20
16050	Beans, white, mature seeds, cooked, boiled, without salt	35.10
16350	Beans, white, mature seeds, cooked, boiled, with salt	35.10
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	35.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	35.00
20088	Wild rice, raw	35.00
16008	Beans, baked, canned, with franks	34.90
16029	Beans, kidney, all types, mature seeds, canned	34.90
19111	Candies, NESTLE, BABY RUTH Bar	34.90
19415	Snacks, potato sticks	34.90
05698	Turkey, skin from whole (light and dark), with added solution, raw	34.80
01043	Cheese, pasteurized process, pimento	34.70
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	34.70
43541	Ice creams, chocolate, rich	34.70
36603	Restaurant, Chinese, beef and vegetables	34.50
11007	Artichokes, (globe or french), raw	34.40
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	34.40
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	34.40
21107	Fast foods, hamburger; single, regular patty; plain	34.40
10942	Pork, fresh, composite of separable fat, with added solution, raw	34.30
43595	Breakfast bar, corn flake crust with fruit	34.30
04025	Salad dressing, mayonnaise, regular	34.20
07919	Sausage, turkey, breakfast links, mild	33.90
43031	Candies, chocolate covered, caramel with nuts	33.90
03216	Babyfood, teething biscuits	33.80
05324	Chicken patty, frozen, cooked	33.80
18076	Bread, whole-wheat, commercially prepared, toasted	33.80
11097	Broccoli raab, cooked	33.60

NDB_No	Description	Choline, total(mg) Value Per
08029	Cereals ready-to-eat, POST Bran Flakes	33.50
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	33.50
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	33.50
36041	Restaurant, Italian, lasagna with meat	33.50
36042	OLIVE GARDEN, lasagna classico	33.50
21090	Fast foods, cheeseburger; single, regular patty, with condiments	33.40
42285	Babyfood, cereal, brown rice, dry, instant	33.40
21202	Fast foods, hamburger, large, single patty, with condiments	33.30
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	33.20
07081	Turkey breast, sliced, prepackaged	33.10
14192	Beverages, Cocoa mix, powder	33.10
16159	Tofu, extra firm, prepared with nigari	33.00
21247	WENDY'S, french fries	33.00
27000	Soup, egg drop, Chinese restaurant	33.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	32.90
10007	Pork, fresh, separable fat, cooked	32.90
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	32.90
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	32.90
21158	Fast foods, submarine sandwich, meatball marinara on white bread	32.90
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	32.90
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	32.90
04639	Salad dressing, ranch dressing, regular	32.80
11243	Mushrooms, portabella, grilled	32.80
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	32.80
16086	Peas, split, mature seeds, cooked, boiled, without salt	32.80
16386	Peas, split, mature seeds, cooked, boiled, with salt	32.80
18328	Pie, vanilla cream, prepared from recipe	32.80
19410	Snack, potato chips, made from dried potatoes, plain	32.80
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	32.70
16070	Lentils, mature seeds, cooked, boiled, without salt	32.70
16088	Peanuts, all types, cooked, boiled, with salt	32.70
16370	Lentils, mature seeds, cooked, boiled, with salt	32.70
18270	Hush puppies, prepared from recipe	32.70
16015	Beans, black, mature seeds, cooked, boiled, without salt	32.60
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	32.60
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	32.60

NDB_No	Description	Choline, total(mg) Value Per
16315	Beans, black, mature seeds, cooked, boiled, with salt	32.60
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	32.60
21106	Fast foods, fish sandwich, with tartar sauce and cheese	32.60
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	32.50
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	32.50
36622	Restaurant, Chinese, sweet and sour pork	32.50
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	32.40
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	32.40
21121	Fast foods, roast beef sandwich, plain	32.40
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	32.40
02027	Spices, oregano, dried	32.30
36037	Restaurant, family style, chili with meat and beans	32.30
03121	Babyfood, vegetables, peas, strained	32.20
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	32.20
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	32.20
20033	Oat bran, raw	32.20
20060	Rice bran, crude	32.20
03189	Babyfood, cereal, oatmeal, dry fortified	32.10
12154	Nuts, walnuts, black, dried	32.10
19051	Snacks, rice cracker brown rice, plain	32.10
18374	Leavening agents, yeast, baker's, compressed	32.00
18375	Leavening agents, yeast, baker's, active dry	32.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	32.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	31.90
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.80
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	31.80
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	31.80
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	31.80
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.80
07058	Pickle and pimiento loaf, pork	31.70
21063	Fast foods, burrito, with beans and beef	31.70
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	31.60
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	31.60
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	31.60
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	31.60
19816	Snacks, rice cakes, brown rice, plain, unsalted	31.60

NDB_No	Description	Choline, total(mg) Value Per
42283	Snacks, potato chips, white, restructured, baked	31.60
16006	Beans, baked, canned, plain or vegetarian	31.50
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	31.50
25040	Snacks, vegetable chips, made from garden vegetables	31.50
18344	Rolls, dinner, egg	31.40
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	31.30
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	31.30
14224	Beverages, coffee, instant, mocha, sweetened	31.30
21096	Fast foods, cheeseburger; single, large patty; plain	31.30
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	31.20
20071	Wheat, hard red spring	31.20
20072	Wheat, hard red winter	31.20
20080	Wheat flour, whole-grain	31.20
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	31.20
22954	Egg rolls, chicken, refrigerated, heated	31.20
25036	Snacks, granola bites, mixed flavors	31.20
03298	Babyfood, dinner, broccoli and chicken, junior	31.10
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.10
05139	Duck, domesticated, meat and skin, raw	31.00
08510	Milk and cereal bar	31.00
10006	Pork, fresh, separable fat, raw	31.00
11364	Potatoes, baked, skin, without salt	31.00
11830	Potatoes, baked, skin only, with salt	31.00
19109	Candies, KIT KAT Wafer Bar	31.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	30.80
43449	Beans, baked, canned, no salt added	30.80
10895	Pork, cured, ham, separable fat, boneless, unheated	30.70
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	30.70
21306	Fast foods, griddle cake sandwich, sausage	30.70
43218	Cereals ready-to-eat, ALPEN	30.70
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	30.60
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	30.60
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	30.50
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	30.50
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	30.50

NDB_No	Description	Choline, total(mg) Value Per
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	30.50
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	30.50
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.40
20062	Rye grain	30.40
20063	Rye flour, dark	30.40
02034	Spices, poultry seasoning	30.30
11182	Corn, yellow, whole kernel, frozen, microwaved	30.30
36403	Restaurant, Latino, empanadas, beef, prepared	30.30
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	30.20
11226	Jerusalem-artichokes, raw	30.00
19086	Candies, confectioner's coating, peanut butter	30.00
01254	Cheese food, pasteurized process, American, without added vitamin D	29.90
03245	Babyfood, dessert, custard pudding, vanilla, strained	29.90
03246	Babyfood, dessert, custard pudding, vanilla, junior	29.90
18360	Taco shells, baked	29.90
19081	Candies, sweet chocolate	29.90
20132	Oat flour, partially debranned	29.90
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	29.90
21020	Fast foods, english muffin, with cheese and sausage	29.80
21108	Fast foods, hamburger; single, regular patty; with condiments	29.80
21488	Fast foods, quesadilla, with chicken	29.80
22969	Chili with beans, microwavable bowls	29.80
01237	Ice cream, bar or stick, chocolate covered	29.70
07007	Bologna, beef	29.70
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	29.70
11305	Peas, green, cooked, boiled, drained, without salt	29.70
11811	Peas, green, cooked, boiled, drained, with salt	29.70
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	29.70
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	29.70
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	29.70
16084	Mungo beans, mature seeds, cooked, boiled, without salt	29.60
16384	Mungo beans, mature seeds, cooked, boiled, with salt	29.60
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	29.50
16026	Beans, great northern, mature seeds, canned	29.50
16326	Beans, great northern, mature seeds, canned, low sodium	29.50
18949	Crackers, whole-wheat, reduced fat	29.50

NDB_No	Description	Choline, total(mg) Value Per
18950	Crackers, wheat, reduced fat	29.50
19047	Snacks, pretzels, hard, plain, salted	29.50
19087	Candies, white chocolate	29.50
16081	Mung beans, mature seeds, cooked, boiled, without salt	29.40
16381	Mung beans, mature seeds, cooked, boiled, with salt	29.40
19147	Candies, peanut bar	29.40
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	29.40
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	29.40
15119	Fish, tuna, light, canned in oil, drained solids	29.30
15121	Fish, tuna, light, canned in water, drained solids	29.30
15126	Fish, tuna, white, canned in water, drained solids	29.30
19917	Candies, M&M MARS Pretzel Chocolate Candies	29.30
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	29.20
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	29.20
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	29.20
18078	Bread, whole-wheat, prepared from recipe, toasted	29.20
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	29.10
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	29.10
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	29.10
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	29.10
11901	Corn, sweet, white, cooked, boiled, drained, without salt	29.10
11902	Corn, sweet, white, cooked, boiled, drained, with salt	29.10
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	29.10
18251	Doughnuts, cake-type, chocolate, sugared or glazed	29.10
18253	Doughnuts, french crullers, glazed	29.10
18254	Doughnuts, yeast-leavened, with creme filling	29.10
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	29.10
18256	Doughnuts, yeast-leavened, with jelly filling	29.10
18955	Bread, pan dulce, sweet yeast bread	29.10
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	29.10
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	29.10
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	29.10
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	29.10
22962	LEAN POCKETS, Ham N Cheddar	29.10
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	29.00
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.00

NDB_No	Description	Choline, total(mg) Value Per
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	29.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	29.00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	29.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.90
21089	Fast foods, cheeseburger; single, regular patty; plain	28.90
21105	Fast foods, fish sandwich, with tartar sauce	28.90
21249	BURGER KING, french fries	28.90
27059	Sauce, peanut, made from peanut butter, water, soy sauce	28.90
32028	Turnover, filled with egg, meat and cheese, frozen	28.90
11216	Ginger root, raw	28.80
12078	Nuts, brazilnuts, dried, unblanched	28.80
16427	Tofu, raw, regular, prepared with calcium sulfate	28.80
18036	Bread, multi-grain, toasted (includes whole-grain)	28.80
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.80
03190	Babyfood, cereal, oatmeal, with bananas, dry	28.70
11148	Chard, swiss, cooked, boiled, drained, without salt	28.70
11765	Chard, swiss, cooked, boiled, drained, with salt	28.70
18304	Pie, banana cream, prepared from recipe	28.70
19151	Candies, REESE'S PIECES Candy	28.70
03186	Babyfood, cereal, mixed, with bananas, dry	28.60
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	28.60
36617	Restaurant, Chinese, lemon chicken	28.60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	28.50
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.50
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	28.50
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	28.50
12071	Nuts, almond paste	28.50
18095	Cake, cherry fudge with chocolate frosting	28.50
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.50
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	28.50
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	28.40
06094	Soup, onion, dry, mix	28.40
11304	Peas, green, raw	28.40
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	28.40
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	28.40
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	28.40

NDB_No	Description	Choline, total(mg) Value Per
03213	Babyfood, cookies	28.30
05674	Chicken, skin (drumsticks and thighs), raw	28.30
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	28.30
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	28.20
19910	Candies, crispy bar with peanut butter filling	28.20
21487	Fast foods, taco with chicken, lettuce and cheese, soft	28.20
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	28.10
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.10
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.10
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.10
20012	Bulgur, dry	28.10
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	28.10
22928	Burrito, beef and bean, microwaved	28.10
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	28.00
21064	Fast foods, burrito, with beans, cheese, and beef	27.90
16137	Hummus, home prepared	27.80
08122	Cereals, oats, instant, fortified, plain, dry	27.70
21248	WENDY'S, Frosty Dairy Dessert	27.70
11782	Dandelion greens, cooked, boiled, drained, with salt	27.60
18212	Cookies, vanilla wafers, lower fat	27.60
18295	Pancakes, buckwheat, dry mix, incomplete	27.60
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	27.60
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	27.60
11313	Peas, green, frozen, cooked, boiled, drained, without salt	27.50
11814	Peas, green, frozen, cooked, boiled, drained, with salt	27.50
16125	Soy sauce made from hydrolyzed vegetable protein	27.50
18230	Crackers, standard snack-type, sandwich, with cheese filling	27.50
18927	Crackers, cheese, sandwich-type with cheese filling	27.50
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	27.50
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.40
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	27.40
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	27.40
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	27.30
14347	Shake, fast food, vanilla	27.30
18208	Cookies, sugar, prepared from recipe, made with margarine	27.30
21388	Fast foods, miniature cinnamon rolls	27.30

NDB_No	Description	Choline, total(mg) Value Per
01017	Cheese, cream	27.20
14317	Beverages, malted drink mix, chocolate, powder	27.20
18075	Bread, whole-wheat, commercially prepared	27.20
18232	Crackers, wheat, regular	27.20
18235	Crackers, whole-wheat	27.20
18428	Crackers, wheat, low salt	27.20
18429	Crackers, whole-wheat, low salt	27.20
28308	Crackers, standard snack-type, with whole wheat	27.20
43276	Cheese spread, cream cheese base	27.20
25038	Snacks, granola bars, soft, almond, confectioners coating	27.10
28345	Crackers, gluten-free, multi-seeded and multigrain	27.10
06049	Soup, pea, green, canned, condensed	27.00
11299	Parsnips, cooked, boiled, drained, without salt	27.00
11312	Peas, green, frozen, unprepared	27.00
11808	Parsnips, cooked, boiled, drained, with salt	27.00
28351	Cookies, Marie biscuit	27.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.90
16039	Beans, navy, mature seeds, canned	26.90
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	26.90
22973	Corn dogs, frozen, prepared	26.90
21060	Fast foods, burrito, with beans	26.80
06004	Soup, bean with pork, canned, condensed	26.70
21009	Fast foods, biscuit, with sausage	26.70
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	26.60
18042	Bread, pita, whole-wheat	26.50
18077	Bread, whole-wheat, prepared from recipe	26.50
18348	Rolls, dinner, whole-wheat	26.50
18351	Rolls, hamburger or hotdog, mixed-grain	26.50
21078	Fast foods, nachos, with cheese	26.40
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	26.30
22902	Pizza, meat topping, thick crust, frozen, cooked	26.30
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	26.30
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	26.20
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	26.20
42178	Mayonnaise, made with tofu	26.20
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	26.10

NDB_No	Description	Choline, total(mg) Value Per
11012	Asparagus, cooked, boiled, drained	26.10
11705	Asparagus, cooked, boiled, drained, with salt	26.10
01236	Ice cream, soft serve, chocolate	26.00
19088	Ice creams, vanilla, light	26.00
19089	Ice creams, vanilla, rich	26.00
19090	Ice creams, french vanilla, soft-serve	26.00
19095	Ice creams, vanilla	26.00
19858	Candies, sugar-coated almonds	26.00
19898	Ice creams, regular, low carbohydrate, vanilla	26.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	26.00
11438	Salsify, cooked, boiled, drained, without salt	25.90
11852	Salsify, cooked, boiled, drained, with salt	25.90
21486	Fast foods, taco with beef, cheese and lettuce, soft	25.90
03212	Babyfood, cereal, rice, with bananas, dry	25.80
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	25.80
20138	Wheat, KAMUT khorasan, uncooked	25.80
20110	Noodles, egg, enriched, cooked	25.70
20112	Noodles, egg, spinach, enriched, cooked	25.70
20310	Noodles, egg, cooked, enriched, with added salt	25.70
20410	Noodles, egg, unenriched, cooked, without added salt	25.70
20510	Noodles, egg, cooked, unenriched, with added salt	25.70
08002	Cereals ready-to-eat, POST, ALPHA-BITS	25.60
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	25.60
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	25.60
12023	Seeds, sesame seeds, whole, dried	25.60
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	25.60
12201	Seeds, sesame seed kernels, dried (decorticated)	25.60
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	25.60
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	25.50
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	25.50
11255	Lotus root, cooked, boiled, drained, without salt	25.40
11399	Potato puffs, frozen, oven-heated	25.40
11796	Lotus root, cooked, boiled, drained, with salt	25.40
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	25.40
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	25.40
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	25.30

NDB_No	Description	Choline, total(mg) Value Per
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	25.30
11969	Broccoli, chinese, cooked	25.30
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	25.20
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	25.10
04544	Shortening, household, lard and vegetable oil	25.00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	25.00
11208	Dandelion greens, cooked, boiled, drained, without salt	25.00
19162	Candies, WHATCHAMACALLIT Candy Bar	25.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	25.00
11398	Potato puffs, frozen, unprepared	24.90
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	24.80
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	24.80
19079	Candies, confectioner's coating, yogurt	24.80
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	24.80
02005	Spices, caraway seed	24.70
02007	Spices, celery seed	24.70
02014	Spices, cumin seed	24.70
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	24.70
18215	Crackers, cheese, sandwich-type with peanut butter filling	24.70
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	24.70
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	24.70
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	24.70
42139	Granola bar, soft, milk chocolate coated, peanut butter	24.70
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	24.60
19144	Candies, NESTLE, 100 GRAND Bar	24.60
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	24.50
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	24.50
06122	Gravy, mushroom, dry, powder	24.40
18085	Bread stuffing, cornbread, dry mix, prepared	24.40
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.40
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	24.30
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	24.30
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	24.30
25059	Snacks, brown rice chips	24.30
36411	Restaurant, Latino, tamale, corn	24.20
36621	Restaurant, Chinese, sweet and sour chicken	24.20

NDB_No	Description	Choline, total(mg) Value Per
06124	Gravy, pork, dry, powder	24.10
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	24.10
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	24.10
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	24.10
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	24.10
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	24.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	24.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	24.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	24.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	24.00
36623	Restaurant, Chinese, chicken chow mein	24.00
06959	Gravy, instant turkey, dry	23.90
43241	Cereals ready-to-eat, FAMILIA	23.90
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	23.80
19867	Ice creams, vanilla, fat free	23.80
11134	Cassava, raw	23.70
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	23.70
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	23.70
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	23.60
16120	Soymilk, original and vanilla, unfortified	23.60
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.60
16166	Soymilk, chocolate, unfortified	23.60
16168	Soymilk, chocolate, with added calcium, vitamins A and D	23.60
18021	Bread, boston brown, canned	23.50
19039	Snacks, popcorn, caramel-coated, without peanuts	23.50
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	23.50
43143	Cabbage, japanese style, fresh, pickled	23.50
19833	Snacks, tortilla chips, low fat, unsalted	23.40
43566	Snacks, tortilla chips, light (baked with less oil)	23.40
21083	Fast foods, taco salad	23.30
03185	Babyfood, cereal, mixed, dry fortified	23.20
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	23.20
11161	Collards, raw	23.20
11215	Garlic, raw	23.20
11370	Potatoes, hash brown, home-prepared	23.20
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	23.20

NDB_No	Description	Choline, total(mg) Value Per
16018	Beans, black turtle, mature seeds, canned	23.20
16316	Beans, black, mature seeds, canned, low sodium	23.20
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	23.20
22977	Lasagna with meat sauce, frozen, prepared	23.20
28325	Crackers, toast thins, low sodium	23.20
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	23.10
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	23.10
08106	Cereals, CREAM OF WHEAT, instant, dry	23.10
08144	Cereals, whole wheat hot natural cereal, dry	23.10
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	23.10
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	23.10
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	23.10
09009	Apples, dehydrated (low moisture), sulfured, uncooked	23.10
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	23.10
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	23.10
42187	Frozen yogurts, flavors other than chocolate	23.10
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	23.10
43483	Millet, puffed	23.10
01243	Fat free ice cream, no sugar added, flavors other than chocolate	23.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	23.00
09259	Pears, dried, sulfured, uncooked	23.00
11167	Corn, sweet, yellow, raw	23.00
19260	Ice creams, vanilla, light, no sugar added	23.00
20137	Quinoa, cooked	23.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.90
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	22.90
42284	Babyfood, baked product, finger snacks cereal fortified	22.90
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	22.90
16403	Refried beans, canned, traditional, reduced sodium	22.70
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	22.70
03091	Babyfood, vegetables, green beans, strained	22.60
03092	Babyfood, vegetables, green beans, junior	22.60
03093	Babyfood, green beans, dices, toddler	22.60
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	22.60
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	22.60
19057	Snacks, tortilla chips, nacho cheese	22.50

NDB_No	Description	Choline, total(mg) Value Per
19270	Ice creams, chocolate	22.50
19899	Ice creams, regular, low carbohydrate, chocolate	22.50
22904	Chili con carne with beans, canned entree	22.50
22917	Burrito, beef and bean, frozen	22.50
02046	Mustard, prepared, yellow	22.40
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	22.40
08546	Rice and Wheat cereal bar	22.40
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	22.40
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	22.40
19036	Snacks, popcorn, cakes	22.40
01003	Butter oil, anhydrous	22.30
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	22.30
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	22.30
16010	Beans, baked, canned, with pork and sweet sauce	22.30
18174	Cookies, graham crackers, chocolate-coated	22.30
21010	Fast foods, biscuit, with crispy chicken fillet	22.30
22918	Burrito, bean and cheese, frozen	22.30
11266	Mushrooms, brown, italian, or crimini, raw	22.10
11463	Spinach, frozen, chopped or leaf, unprepared	22.10
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	22.10
12108	Nuts, coconut meat, dried (desiccated), not sweetened	22.10
18065	Bread, wheat, toasted	22.10
18313	Pie, coconut creme, commercially prepared	22.10
18385	Bread, wheat germ, toasted	22.10
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	22.10
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	22.00
11197	Cowpeas, young pods with seeds, raw	22.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	22.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	22.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	22.00
19015	Snacks, granola bars, hard, plain	22.00
19080	Candies, semisweet chocolate	22.00
28397	Bread, multi-grain (includes whole-grain)	22.00
11263	Mushrooms, white, stir-fried	21.90
19433	Tortilla chips, low fat, baked without fat	21.90
18244	Danish pastry, cinnamon, enriched	21.80

NDB_No	Description	Choline, total(mg) Value Per
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	21.80
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	21.80
06026	Soup, chili beef, canned, condensed	21.70
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	21.70
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	21.70
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	21.60
20016	Corn flour, whole-grain, yellow	21.60
20020	Cornmeal, whole-grain, yellow	21.60
20316	Corn flour, whole-grain, white	21.60
20320	Cornmeal, whole-grain, white	21.60
20036	Rice, brown, long-grain, raw	21.50
43144	Cabbage, mustard, salted	21.50
11015	Asparagus, canned, drained solids	21.40
11113	Cabbage, red, cooked, boiled, drained, without salt	21.40
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	21.40
03997	Babyfood, Baby MUM MUM Rice Biscuits	21.30
11519	Taro, cooked, without salt	21.30
11878	Taro, cooked, with salt	21.30
19007	Snacks, corn-based, extruded, onion-flavor	21.30
19400	Snacks, banana chips	21.30
11265	Mushrooms, portabella, raw	21.20
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	21.20
16103	Refried beans, canned, traditional style (includes USDA commodity)	21.20
19034	Snacks, popcorn, air-popped	21.20
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	21.10
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	21.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	21.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	21.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	21.00
11506	Sweet potato leaves, cooked, steamed, without salt	21.00
11521	Taro leaves, cooked, steamed, without salt	21.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	21.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	21.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	21.00
11874	Sweet potato leaves, cooked, steamed, with salt	21.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	21.00

NDB_No	Description	Choline, total(mg) Value Per
11019	Asparagus, frozen, cooked, boiled, drained, without salt	20.90
11709	Asparagus, frozen, cooked, boiled, drained, with salt	20.90
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	20.90
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	20.90
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	20.90
02035	Spices, pumpkin pie spice	20.80
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	20.80
16044	Beans, pinto, mature seeds, canned, solids and liquids	20.80
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	20.80
01204	Cheese, parmesan, dry grated, reduced fat	20.70
04703	Salad dressing, honey mustard, regular	20.70
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	20.70
03072	Babyfood, dinner, chicken stew, toddler	20.60
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	20.60
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	20.60
18127	Cake, snack cakes, creme-filled, chocolate with frosting	20.60
19009	Snacks, KRAFT, CORNNUTS, plain	20.60
20064	Rye flour, medium	20.60
42137	Salad dressing, peppercorn dressing, commercial, regular	20.60
11261	Mushrooms, white, cooked, boiled, drained, without salt	20.40
11264	Mushrooms, canned, drained solids	20.40
11797	Mushrooms, white, cooked, boiled, drained, with salt	20.40
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	20.40
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	20.40
11110	Cabbage, cooked, boiled, drained, without salt	20.30
11174	Corn, sweet, yellow, canned, cream style, regular pack	20.30
11751	Cabbage, common, cooked, boiled, drained, with salt	20.30
11772	Corn, sweet, yellow, canned, cream style, no salt added	20.30
11906	Corn, sweet, white, canned, cream style, regular pack	20.30
11907	Corn, sweet, white, canned, cream style, no salt added	20.30
16172	Refried beans, canned, fat-free	20.30
18383	Bread, protein, (includes gluten), toasted	20.30
19096	Ice creams, vanilla, light, soft-serve	20.30
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	20.30
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	20.20
16059	Chili with beans, canned	20.20

NDB_No	Description	Choline, total(mg) Value Per
18216	Crackers, crispbread, rye	20.20
19293	Frozen yogurts, vanilla, soft-serve	20.20
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	20.20
43572	Popcorn, microwave, low fat and sodium	20.20
18245	Danish pastry, cheese	20.10
19152	Candies, ROLO Caramels in Milk Chocolate	20.10
20010	Buckwheat groats, roasted, cooked	20.10
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	20.00
04038	Oil, wheat germ	20.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	20.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	20.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	20.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	20.00
11306	Peas, green, canned, regular pack, solids and liquids	20.00
18009	Biscuits, plain or buttermilk, frozen, baked	20.00
18226	Crackers, rye, wafers, plain	20.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	20.00
35196	Lambsquarters, raw (Northern Plains Indians)	20.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	19.80
18220	Crackers, melba toast, plain	19.80
11458	Spinach, cooked, boiled, drained, without salt	19.70
11854	Spinach, cooked, boiled, drained, with salt	19.70
01244	Milk dessert bar, frozen, made from lowfat milk	19.60
09041	Bananas, dehydrated, or banana powder	19.60
18236	Cracker meal	19.60
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	19.60
18457	Crackers, saltines, fat-free, low-sodium	19.60
19114	Ice creams, chocolate, light	19.60
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	19.60
22529	Beef Pot Pie, frozen entree, prepared	19.60
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	19.60
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	19.60
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	19.60
06112	Sauce, teriyaki, ready-to-serve	19.50
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	19.50
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	19.50

NDB_No	Description	Choline, total(mg) Value Per
11203	Cress, garden, raw	19.50
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	19.40
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	19.40
16147	Veggie burgers or soyburgers, unprepared	19.40
19056	Snacks, tortilla chips, plain, white corn, salted	19.40
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	19.30
10165	Pork, cured, salt pork, raw	19.30
11457	Spinach, raw	19.30
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	19.30
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	19.30
01042	Cheese, pasteurized process, American, fortified with vitamin D	19.20
01055	Cream, sour, reduced fat, cultured	19.20
01056	Cream, sour, cultured	19.20
01178	Sour cream, reduced fat	19.20
01179	Sour cream, light	19.20
01180	Sour cream, fat free	19.20
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	19.20
18166	Cookies, chocolate sandwich, with creme filling, regular	19.20
18290	Pancakes, plain, dry mix, complete, prepared	19.20
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	19.10
11098	Brussels sprouts, raw	19.10
11224	Hyacinth-beans, immature seeds, raw	19.10
25028	Tortilla chips, yellow, plain, salted	19.10
19071	Candies, carob, unsweetened	19.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	19.00
27002	Soup, wonton, Chinese restaurant	19.00
11358	Potatoes, red, flesh and skin, baked	18.90
11812	Peas, green, canned, no salt added, solids and liquids	18.90
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	18.90
21505	Pizza, cheese topping, thin crust, frozen, cooked	18.90
32007	Taquitos, frozen, beef and cheese, oven-heated	18.90
42204	Rice cake, cracker (include hain mini rice cakes)	18.90
01001	Butter, salted	18.80
01002	Butter, whipped, with salt	18.80
01145	Butter, without salt	18.80
21061	Fast foods, burrito, with beans and cheese	18.80

NDB_No	Description	Choline, total(mg) Value Per
28324	Pancakes, whole wheat, dry mix, incomplete	18.80
01049	Cream, fluid, half and half	18.70
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	18.70
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	18.70
11090	Broccoli, raw	18.70
18037	Bread, oat bran	18.70
18039	Bread, oatmeal	18.70
18043	Bread, protein (includes gluten)	18.70
18055	Bread, reduced-calorie, wheat	18.70
18059	Bread, rice bran	18.70
18064	Bread, wheat	18.70
18066	Bread, wheat bran	18.70
18190	Cookies, peanut butter sandwich, regular	18.70
18347	Rolls, dinner, wheat	18.70
19076	Candies, caramels, chocolate-flavor roll	18.70
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	18.60
11581	Vegetables, mixed, canned, drained solids	18.60
21413	Light Ice Cream, soft serve, blended with cookie pieces	18.60
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	18.60
09163	Blueberries, dried, sweetened	18.50
11590	Waterchestnuts, chinese, canned, solids and liquids	18.50
01012	Cheese, cottage, creamed, large or small curd	18.40
01227	Cheese, dry white, queso seco	18.40
06584	Soup, broccoli cheese, canned, condensed, commercial	18.40
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	18.40
11461	Spinach, canned, regular pack, drained solids	18.40
18971	Bread, potato	18.40
19058	Snacks, tortilla chips, ranch-flavor	18.40
25017	Formulated bar, POWER BAR, chocolate	18.40
43597	Cheese, mozzarella, low sodium	18.40
11096	Broccoli raab, raw	18.30
16123	Soy sauce made from soy and wheat (shoyu)	18.30
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	18.20
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	18.20
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	18.20
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	18.20

NDB_No	Description	Choline, total(mg) Value Per
22971	Potato salad with egg	18.20
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	18.10
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	18.10
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	18.10
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	18.10
19031	Snacks, oriental mix, rice-based	18.10
20015	Corn bran, crude	18.10
43364	Snacks, tortilla chips, unsalted, white corn	18.10
43447	Snacks, corn-based, extruded, chips, unsalted	18.10
03194	Babyfood, cereal, rice, dry fortified	18.00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	18.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	18.00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	18.00
11147	Chard, swiss, raw	18.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	18.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	17.90
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	17.90
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	17.90
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	17.90
18310	Pie, chocolate creme, commercially prepared	17.90
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	17.90
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	17.90
36601	Restaurant, Chinese, egg rolls, assorted	17.90
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	17.80
21026	Fast foods, potatoes, hash browns, round pieces or patty	17.80
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	17.80
25046	Snacks, bagel chips, plain	17.80
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	17.70
01088	Milk, buttermilk, fluid, cultured, lowfat	17.70
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	17.70
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	17.70
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	17.70
25024	Pretzels, soft, unsalted	17.70
43109	Pretzels, soft	17.70
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	17.60
09011	Apples, dried, sulfured, uncooked	17.60

NDB_No	Description	Choline, total(mg) Value Per
11547	Tomato products, canned, puree, without salt added	17.60
11888	Tomato products, canned, puree, with salt added	17.60
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	17.60
19125	Chocolate-flavored hazelnut spread	17.60
01013	Cheese, cottage, creamed, with fruit	17.50
01016	Cheese, cottage, lowfat, 1% milkfat	17.50
01036	Cheese, ricotta, whole milk	17.50
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	17.50
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	17.50
18030	Bread, french or vienna, toasted (includes sourdough)	17.50
28290	Cookie, with peanut butter filling, chocolate-coated	17.50
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	17.50
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	17.50
43273	Cheese, cottage, with vegetables	17.50
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	17.50
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	17.50
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	17.40
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	17.40
11300	Peas, edible-podded, raw	17.40
11301	Peas, edible-podded, boiled, drained, without salt	17.40
11809	Peas, edible-podded, cooked, boiled, drained, with salt	17.40
18090	Cake, boston cream pie, commercially prepared	17.40
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	17.40
18354	Strudel, apple	17.40
35205	Stinging Nettles, blanched (Northern Plains Indians)	17.40
43021	Salad dressing, caesar, low calorie	17.40
11260	Mushrooms, white, raw	17.30
11518	Taro, raw	17.30
11938	Mushroom, white, exposed to ultraviolet light, raw	17.30
19038	Snacks, popcorn, caramel-coated, with peanuts	17.30
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	17.10
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	17.10
11112	Cabbage, red, raw	17.10
20126	Spaghetti, spinach, dry	17.10
21225	Pizza, cheese topping, rising crust, frozen, cooked	17.10
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	17.10

NDB_No	Description	Choline, total(mg) Value Per
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	17.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	17.00
01110	Milk shakes, thick chocolate	17.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	17.00
18944	Pie, Dutch Apple, Commercially Prepared	17.00
19418	Snacks, sesame sticks, wheat-based, salted	17.00
42153	Salad dressing, blue or roquefort cheese dressing, light	17.00
43020	Salad dressing, blue or roquefort cheese, low calorie	17.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	16.90
11053	Beans, snap, green, cooked, boiled, drained, without salt	16.90
11723	Beans, snap, green, cooked, boiled, drained, with salt	16.90
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	16.90
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	16.90
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	16.90
01050	Cream, fluid, light (coffee cream or table cream)	16.80
01052	Cream, fluid, light whipping	16.80
01053	Cream, fluid, heavy whipping	16.80
01054	Cream, whipped, cream topping, pressurized	16.80
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	16.80
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	16.80
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	16.80
11213	Endive, raw	16.80
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	16.80
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	16.80
11349	Poi	16.70
18228	Crackers, saltines (includes oyster, soda, soup)	16.70
19154	Candies, sesame crunch	16.70
19404	Snacks, granola bars, soft, uncoated, chocolate chip	16.70
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	16.60
03681	Babyfood, cereal, barley, prepared with whole milk	16.60
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	16.60
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	16.60
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	16.60
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	16.60
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	16.60
01009	Cheese, cheddar	16.50

NDB_No	Description	Choline, total(mg) Value Per
01270	Cheese, cheddar, sharp, sliced	16.50
03052	Babyfood, dinner, beef stew, toddler	16.50
03053	Babyfood, dinner, vegetables and beef, strained	16.50
03054	Babyfood, dinner, vegetables and beef, junior	16.50
11601	Yam, raw	16.50
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	16.50
25001	Snacks, popcorn, microwave, low fat	16.50
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	16.40
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	16.40
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	16.40
03059	Babyfood, dinner, vegetables and bacon, strained	16.40
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	16.40
11355	Potatoes, red, flesh and skin, raw	16.40
18006	Bagels, cinnamon-raisin, toasted	16.40
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	16.40
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	16.40
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	16.40
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	16.40
43261	Yogurt, fruit variety, nonfat	16.40
43331	Salad dressing, bacon and tomato	16.40
01015	Cheese, cottage, lowfat, 2% milkfat	16.30
01037	Cheese, ricotta, part skim milk	16.30
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	16.30
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	16.30
11905	Corn, sweet, white, canned, whole kernel, drained solids	16.30
27065	Dip, bean, original flavor	16.30
28311	Cookies, sugar wafer, chocolate-covered	16.30
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	16.20
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	16.20
11602	Yam, cooked, boiled, drained, or baked, without salt	16.20
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	16.20
11897	Yam, cooked, boiled, drained, or baked, with salt	16.20
28317	Bread, wheat, sprouted, toasted	16.20
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	16.20
03127	Babyfood, vegetables, spinach, creamed, strained	16.10
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	16.10

NDB_No	Description	Choline, total(mg) Value Per
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	16.10
18038	Bread, oat bran, toasted	16.10
18045	Bread, pumpernickel, toasted	16.10
18050	Bread, reduced-calorie, oat bran, toasted	16.10
18061	Bread, rye, toasted	16.10
28322	Bagels, multigrain	16.10
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	16.10
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	16.00
01089	Milk, low sodium, fluid	16.00
01106	Milk, goat, fluid, with added vitamin D	16.00
01107	Milk, human, mature, fluid	16.00
01112	Whey, acid, fluid	16.00
01114	Whey, sweet, fluid	16.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	16.00
04023	Salad dressing, thousand island dressing, reduced fat	16.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	16.00
11011	Asparagus, raw	16.00
18070	Bread, white, commercially prepared, toasted	16.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	16.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	16.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	16.00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	16.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	16.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	16.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	16.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	16.00
43215	Salad dressing, buttermilk, lite	16.00
03290	Babyfood, carrots and beef, strained	15.90
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	15.90
11730	Beans, snap, yellow, frozen, all styles, unprepared	15.90
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	15.90
18040	Bread, oatmeal, toasted	15.90
18048	Bread, raisin, enriched, toasted	15.90
18384	Bread, rice bran, toasted	15.90
18951	Waffles, chocolate chip, frozen, ready-to-heat	15.90
32006	Taquitos, frozen, chicken and cheese, oven-heated	15.90

NDB_No	Description	Choline, total(mg) Value Per
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	15.80
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	15.80
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	15.80
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	15.80
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	15.80
09094	Figs, dried, uncooked	15.80
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	15.80
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	15.80
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	15.80
01251	Cheese, Mexican blend	15.70
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	15.70
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	15.70
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	15.70
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	15.70
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	15.70
05047	Chicken, broilers or fryers, separable fat, raw	15.70
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	15.70
18261	English muffins, mixed-grain, toasted (includes granola)	15.70
18265	English muffins, wheat, toasted	15.70
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	15.70
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	15.60
01105	Milk, chocolate beverage, hot cocoa, homemade	15.60
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	15.60
01295	Yogurt, vanilla, non-fat	15.60
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	15.60
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	15.60
06063	Soup, tomato rice, canned, condensed	15.60
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	15.60
22905	Beef stew, canned entree	15.60
22908	Beef, corned beef hash, with potato, canned	15.60
36630	Restaurant, Italian, spaghetti with meat sauce	15.60
43015	Salad dressing, caesar dressing, regular	15.60
43450	Frozen novelties, juice type, juice with cream	15.60
01040	Cheese, swiss	15.50
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	15.50
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	15.50

NDB_No	Description	Choline, total(mg) Value Per
06002	Soup, black bean, canned, condensed	15.50
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	15.50
08305	Cereals ready-to-eat, Post, Waffle Crisp	15.50
08610	Cereals ready-to-eat, KASHI Honey Sunshine	15.50
11118	Cabbage, kimchi	15.50
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	15.50
28346	Waffles, gluten-free, frozen, ready-to-heat	15.50
01004	Cheese, blue	15.40
01005	Cheese, brick	15.40
01006	Cheese, brie	15.40
01007	Cheese, camembert	15.40
01011	Cheese, colby	15.40
01018	Cheese, edam	15.40
01019	Cheese, feta	15.40
01020	Cheese, fontina	15.40
01022	Cheese, gouda	15.40
01023	Cheese, gruyere	15.40
01024	Cheese, limburger	15.40
01025	Cheese, monterey	15.40
01026	Cheese, mozzarella, whole milk	15.40
01028	Cheese, mozzarella, part skim milk	15.40
01030	Cheese, muenster	15.40
01033	Cheese, parmesan, hard	15.40
01034	Cheese, port de salut	15.40
01035	Cheese, provolone	15.40
01038	Cheese, romano	15.40
01146	Cheese, parmesan, shredded	15.40
01156	Cheese, goat, hard type	15.40
01157	Cheese, goat, semisoft type	15.40
01159	Cheese, goat, soft type	15.40
01165	Cheese, mexican, queso anejo	15.40
01166	Cheese, mexican, queso asadero	15.40
01167	Cheese, mexican, queso chihuahua	15.40
01168	Cheese, low fat, cheddar or colby	15.40
01169	Cheese, low-sodium, cheddar or colby	15.40
01182	USDA Commodity, cheese, cheddar, reduced fat	15.40

NDB_No	Description	Choline, total(mg) Value Per
01185	Parmesan cheese topping, fat free	15.40
01229	Cheese, white, queso blanco	15.40
01260	Cheese, cheddar, reduced fat	15.40
01265	Cheese, cheddar, nonfat or fat free	15.40
01266	Cheese, Swiss, nonfat or fat free	15.40
01267	Cheese, mexican, queso cotija	15.40
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	15.40
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	15.40
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	15.40
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	15.40
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	15.40
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	15.40
10004	Pork, fresh, backfat, raw	15.40
11214	Escarole, cooked, boiled, drained, no salt added	15.40
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	15.40
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	15.40
42155	Cheese, monterey, low fat	15.40
42205	Cheese, pasteurized process, cheddar or American, fat-free	15.40
42303	Cheese, muenster, low fat	15.40
42304	Cheese, mozzarella, nonfat	15.40
43340	Cheese, parmesan, low sodium	15.40
43405	Cheese, swiss, low sodium	15.40
43589	Cheese, swiss, low fat	15.40
03685	Babyfood, cereal, mixed, prepared with whole milk	15.30
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	15.30
11052	Beans, snap, green, raw	15.30
11722	Beans, snap, yellow, raw	15.30
11959	Arugula, raw	15.30
18007	Bagels, oat bran	15.30
19040	Snacks, popcorn, cheese-flavor	15.30
22916	Lasagna with meat & sauce, frozen entree	15.30
42230	Salad Dressing, coleslaw dressing, reduced fat	15.30
43016	Salad dressing, coleslaw	15.30
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	15.20
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	15.20
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	15.20

NDB_No	Description	Choline, total(mg) Value Per
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	15.20
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	15.20
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.20
01187	Yogurt, chocolate, nonfat milk	15.20
01203	Yogurt, fruit, lowfat, with low calorie sweetener	15.20
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	15.20
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	15.20
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	15.20
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	15.20
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	15.20
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	15.20
01286	Yogurt, Greek, vanilla, nonfat	15.20
01287	Yogurt, Greek, plain, lowfat	15.20
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	15.20
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	15.20
11436	Rutabagas, cooked, boiled, drained, without salt	15.20
11459	Spinach, canned, regular pack, solids and liquids	15.20
11851	Rutabagas, cooked, boiled, drained, with salt	15.20
11855	Spinach, canned, no salt added, solids and liquids	15.20
42278	Babyfood, vegetable and brown rice, strained	15.20
01256	Yogurt, Greek, plain, nonfat	15.10
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	15.10
20120	Pasta, dry, enriched	15.10
43417	Babyfood, meat, beef with vegetables, toddler	15.10
01027	Cheese, mozzarella, whole milk, low moisture	15.00
01060	Milk, filled, fluid, with lauric acid oil	15.00
01199	Cream, half and half, fat free	15.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	15.00
11356	Potatoes, Russet, flesh and skin, baked	15.00
11609	Beets, pickled, canned, solids and liquids	15.00
19069	Candies, NESTLE, BUTTERFINGER Bar	15.00
36631	OLIVE GARDEN, spaghetti with meat sauce	15.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	15.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	14.90
08074	Cereals ready-to-eat, RALSTON TASTEEOS	14.90
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	14.90

NDB_No	Description	Choline, total(mg) Value Per
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	14.90
11092	Broccoli, frozen, chopped, unprepared	14.90
19098	Candies, 5TH AVENUE Candy Bar	14.90
28316	Bread, wheat, sprouted	14.90
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	14.90
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	14.80
11674	Potatoes, baked, flesh and skin, without salt	14.80
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	14.80
18267	English muffins, whole-wheat, toasted	14.80
18349	Rolls, french	14.80
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	14.80
03122	Babyfood, peas, dices, toddler	14.70
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	14.70
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	14.70
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	14.70
09044	Cherries, tart, dried, sweetened	14.70
11056	Beans, snap, green, canned, regular pack, drained solids	14.70
11729	Beans, snap, green, canned, no salt added, drained solids	14.70
18191	Cookies, raisin, soft-type	14.70
22955	Egg rolls, vegetable, frozen, prepared	14.70
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	14.70
28347	Pancakes, gluten-free, frozen, ready-to-heat	14.70
42279	Babyfood, peas and brown rice	14.70
01230	Milk, buttermilk, fluid, whole	14.60
03694	Babyfood, cereal, rice, prepared with whole milk	14.60
04018	Salad dressing, mayonnaise type, regular, with salt	14.60
04027	Salad dressing, mayonnaise, imitation, soybean	14.60
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	14.60
11490	Squash, winter, hubbard, baked, without salt	14.60
11868	Squash, winter, hubbard, baked, with salt	14.60
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	14.60
18005	Bagels, cinnamon-raisin	14.60
18033	Bread, italian	14.60
18041	Bread, pita, white, enriched	14.60
18044	Bread, pumpernickel	14.60
18047	Bread, raisin, enriched	14.60

NDB_No	Description	Choline, total(mg) Value Per
18049	Bread, reduced-calorie, oat bran	14.60
18053	Bread, reduced-calorie, rye	14.60
18057	Bread, reduced-calorie, white	14.60
18060	Bread, rye	14.60
18069	Bread, white, commercially prepared (includes soft bread crumbs)	14.60
18079	Bread crumbs, dry, grated, plain	14.60
18080	Bread sticks, plain	14.60
18081	Bread stuffing, bread, dry mix	14.60
18170	Cookies, fig bars	14.60
18243	Croutons, seasoned	14.60
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	14.60
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	14.60
18345	Rolls, dinner, oat bran	14.60
18346	Rolls, dinner, rye	14.60
18350	Rolls, hamburger or hotdog, plain	14.60
18352	Rolls, hamburger or hotdog, reduced-calorie	14.60
18353	Rolls, hard (includes kaiser)	14.60
18376	Bread crumbs, dry, grated, seasoned	14.60
18416	Bread, white, commercially prepared, low sodium, no salt	14.60
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	14.60
28348	Rolls, dinner, sweet	14.60
43441	Rolls, pumpernickel	14.60
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	14.50
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	14.50
11363	Potatoes, baked, flesh, without salt	14.50
11829	Potatoes, baked, flesh, with salt	14.50
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	14.50
28303	Crackers, cheese, whole grain	14.50
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	14.50
31021	Potatoes, hash brown, refrigerated, unprepared	14.50
08090	Cereals, corn grits, white, regular and quick, enriched, dry	14.40
08092	Cereals, QUAKER, corn grits, instant, plain, dry	14.40
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	14.40
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	14.40
11001	Alfalfa seeds, sprouted, raw	14.40
11043	Mung beans, mature seeds, sprouted, raw	14.40

NDB_No	Description	Choline, total(mg) Value Per
11357	Potatoes, white, flesh and skin, baked	14.40
01077	Milk, whole, 3.25% milkfat, with added vitamin D	14.30
01111	Milk shakes, thick vanilla	14.30
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	14.30
06167	Sauce, homemade, white, thick	14.30
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	14.30
11105	Burdock root, cooked, boiled, drained, without salt	14.30
18157	Cookies, chocolate wafers	14.30
21224	Pizza, cheese topping, regular crust, frozen, cooked	14.30
28288	Bread, roll, Mexican, bolillo	14.30
31036	Potatoes, mashed, ready-to-eat	14.30
01029	Cheese, mozzarella, low moisture, part-skim	14.20
01271	Cheese, mozzarella, low moisture, part-skim, shredded	14.20
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	14.20
06166	Sauce, homemade, white, medium	14.20
09037	Avocados, raw, all commercial varieties	14.20
09038	Avocados, raw, California	14.20
09195	Olives, pickled, canned or bottled, green	14.20
01032	Cheese, parmesan, grated	14.10
06165	Sauce, homemade, white, thin	14.10
11435	Rutabagas, raw	14.10
28313	Rolls, hamburger or hot dog, whole wheat	14.10
42186	Frozen yogurts, chocolate	14.10
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	14.10
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	14.00
01284	Yogurt, Greek, strawberry, lowfat	14.00
01285	Yogurt, Greek, strawberry, nonfat	14.00
06009	Soup, beef noodle, canned, condensed	14.00
09433	Clementines, raw	14.00
03964	Babyfood, fortified cereal bar, fruit filling	13.90
09032	Apricots, dried, sulfured, uncooked	13.90
11669	Seaweed, wakame, raw	13.90
21024	Fast foods, french toast sticks	13.90
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	13.90
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	13.90

NDB_No	Description	Choline, total(mg) Value Per
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	13.80
11204	Cress, garden, cooked, boiled, drained, without salt	13.80
11781	Cress, garden, cooked, boiled, drained, with salt	13.80
18427	Crackers, standard snack-type, regular, low salt	13.80
19913	Candies, NESTLE, BUTTERFINGER Crisp	13.80
01161	Cheese substitute, mozzarella	13.70
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	13.70
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	13.70
06972	Sauce, tomato chili sauce, bottled, with salt	13.70
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	13.70
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	13.70
18260	English muffins, mixed-grain (includes granola)	13.70
18264	English muffins, wheat	13.70
18266	English muffins, whole-wheat	13.70
19434	Cheese puffs and twists, corn based, baked, low fat	13.70
28305	Pancakes, plain, reduced fat	13.70
28329	Cookies, chocolate, made with rice cereal	13.70
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	13.60
11253	Lettuce, green leaf, raw	13.60
11603	Yambean (jicama), raw	13.60
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	13.60
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	13.60
01209	Cheese, Mexican, blend, reduced fat	13.50
09277	Plantains, raw	13.50
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	13.50
11365	Potatoes, boiled, cooked in skin, flesh, without salt	13.50
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	13.50
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	13.50
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	13.50
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	13.50
11831	Potatoes, boiled, cooked in skin, flesh, with salt	13.50
11934	Potatoes, mashed, home-prepared, whole milk and butter added	13.50
19148	Candies, peanut brittle, prepared-from-recipe	13.50
19205	Egg custards, dry mix, prepared with 2% milk	13.50
32012	Pizza rolls, frozen, unprepared	13.50
43125	Beans, liquid from stewed kidney beans	13.50

NDB_No	Description	Choline, total(mg) Value Per
03283	Babyfood, vegetables, garden vegetable, strained	13.40
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	13.40
11417	Pumpkin flowers, cooked, boiled, drained, without salt	13.40
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	13.40
14236	Beverages, coffee substitute, cereal grain beverage, powder	13.40
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	13.40
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	13.40
20006	Barley, pearled, cooked	13.40
21139	Fast foods, potato, mashed	13.40
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	13.40
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	13.40
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	13.40
05335	Chicken, feet, boiled	13.30
06011	Soup, cheese, canned, condensed	13.30
11657	Potatoes, mashed, home-prepared, whole milk added	13.30
18363	Tortillas, ready-to-bake or -fry, corn	13.30
19304	Molasses	13.30
19349	Syrups, corn, dark	13.30
19355	Syrups, sorghum	13.30
19912	Sweetener, syrup, agave	13.30
03112	Babyfood, potatoes, toddler	13.20
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	13.20
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	13.20
06179	Sauce, fish, ready-to-serve	13.20
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	13.20
06449	Soup, pea, green, canned, prepared with equal volume water	13.20
06965	Soup, pea, low sodium, prepared with equal volume water	13.20
11050	Beans, shellie, canned, solids and liquids	13.20
11242	Kohlrabi, cooked, boiled, drained, without salt	13.20
11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.20
11793	Kohlrabi, cooked, boiled, drained, with salt	13.20
11833	Potatoes, boiled, cooked without skin, flesh, with salt	13.20
11957	Fennel, bulb, raw	13.20
19014	Snacks, fruit leather, rolls	13.20
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	13.20
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	13.20

NDB_No	Description	Choline, total(mg) Value Per
03108	Babyfood, vegetables, sweet potatoes strained	13.10
03109	Babyfood, vegetables, sweet potatoes, junior	13.10
06404	Soup, bean with pork, canned, prepared with equal volume water	13.10
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	13.10
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	13.10
11508	Sweet potato, cooked, baked in skin, flesh, without salt	13.10
11875	Sweet potato, cooked, baked in skin, flesh, with salt	13.10
20142	Teff, uncooked	13.10
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	13.10
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	13.10
28349	Cookies, oatmeal, reduced fat	13.10
06001	Soup, cream of asparagus, canned, condensed	13.00
11512	Sweet potato, canned, vacuum pack	13.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	13.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	13.00
15162	Mollusks, clam, mixed species, canned, liquid	13.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	13.00
25000	Snacks, popcorn, microwave, 94% fat free	13.00
01208	Cheese, provolone, reduced fat	12.90
04601	Butter, light, stick, with salt	12.90
04602	Butter, light, stick, without salt	12.90
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	12.90
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	12.90
11444	Seaweed, irishmoss, raw	12.90
11693	Tomatoes, crushed, canned	12.90
19013	Snacks, fruit leather, pieces	12.90
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	12.90
28321	Rolls, hamburger, whole grain white, calcium-fortified	12.90
06159	Soup, tomato, canned, condensed	12.80
06164	Sauce, salsa, ready-to-serve	12.80
06956	Soup, tomato, canned, condensed, reduced sodium	12.80
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	12.80
11152	Chicory greens, raw	12.80
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	12.80
11165	Coriander (cilantro) leaves, raw	12.80
11232	Jute, potherb, cooked, boiled, drained, without salt	12.80

NDB_No	Description	Choline, total(mg) Value Per
11297	Parsley, fresh	12.80
11427	Purslane, raw	12.80
11445	Seaweed, kelp, raw	12.80
11520	Taro leaves, raw	12.80
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	12.80
11789	Jute, potherb, cooked, boiled, drained, with salt	12.80
11974	Grape leaves, raw	12.80
42272	Snacks, granola bar, with coconut, chocolate coated	12.80
03061	Babyfood, dinner, vegetables and ham, strained	12.70
09165	Litchis, dried	12.70
09246	Peaches, dried, sulfured, uncooked	12.70
09278	Plantains, cooked	12.70
36414	Restaurant, Latino, tripe soup	12.70
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	12.60
11353	Potatoes, russet, flesh and skin, raw	12.60
11816	Peas and carrots, canned, no salt added, solids and liquids	12.60
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	12.60
19436	Popcorn, sugar syrup/caramel, fat-free	12.60
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	12.60
01228	Cheese, fresh, queso fresco	12.50
03114	Babyfood, vegetable, butternut squash and corn	12.50
11935	Catsup	12.50
11949	Catsup, low sodium	12.50
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	12.50
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	12.40
04610	Margarine, regular, 80% fat, composite, stick, with salt	12.40
04611	Margarine, regular, 80% fat, composite, tub, with salt	12.40
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	12.40
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	12.40
04617	Margarine, regular, 80% fat, composite, stick, without salt	12.40
04618	Margarine, regular, 80% fat, composite, tub, without salt	12.40
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	12.40
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	12.40
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	12.40
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	12.40
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.40

NDB_No	Description	Choline, total(mg) Value Per
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	12.40
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	12.40
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	12.40
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	12.40
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	12.40
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	12.40
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	12.40
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	12.40
22906	Chicken pot pie, frozen entree, prepared	12.40
25045	Formulated bar, high fiber, chewy, oats and chocolate	12.40
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	12.40
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	12.30
09190	Mulberries, raw	12.30
09302	Raspberries, raw	12.30
09518	Raspberries, frozen, unsweetened	12.30
11114	Cabbage, savoy, raw	12.30
11241	Kohlrabi, raw	12.30
11278	Okra, raw	12.30
11507	Sweet potato, raw, unprepared	12.30
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	12.30
22956	Lasagna, Vegetable, frozen, baked	12.30
28302	Cookies, graham crackers, plain or honey, lowfat	12.30
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	12.20
11400	Potatoes, frozen, whole, unprepared	12.20
11645	Sweet potato, canned, syrup pack, solids and liquids	12.20
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	12.20
22401	Spaghetti with meat sauce, frozen entree	12.20
03287	Babyfood, dinner, beef noodle, junior	12.10
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	12.10
11352	Potatoes, flesh and skin, raw	12.10
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	12.10
12104	Nuts, coconut meat, raw	12.10
19003	Snacks, corn-based, extruded, chips, plain	12.10
19411	Snacks, potato chips, plain, salted	12.10
25064	Snacks, potato chips, lightly salted	12.10
43274	Cheese, cream, low fat	12.10

NDB_No	Description	Choline, total(mg) Value Per
03206	Babyfood, cookie, baby, fruit	12.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	12.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	12.00
18178	Cookies, oatmeal, commercially prepared, regular	12.00
18200	Cookies, oatmeal, commercially prepared, special dietary	12.00
19165	Cocoa, dry powder, unsweetened	12.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	12.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	12.00
35203	Rose Hips, wild (Northern Plains Indians)	12.00
16055	Carob flour	11.90
19319	Puddings, banana, dry mix, instant, prepared with whole milk	11.90
19859	Cocoa, dry powder, hi-fat or breakfast, plain	11.90
21463	Yogurt parfait, lowfat, with fruit and granola	11.90
43146	Eggplant, pickled	11.90
03289	Babyfood, apples with ham, strained	11.80
03303	Babyfood, dinner, sweet potatoes and chicken, strained	11.80
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	11.80
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	11.80
11257	Lettuce, red leaf, raw	11.80
11489	Squash, winter, hubbard, raw	11.80
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	11.80
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	11.80
19142	Candies, MOUNDS Candy Bar	11.80
19170	Egg custards, dry mix, prepared with whole milk	11.80
19367	Toppings, nuts in syrup	11.80
11104	Burdock root, raw	11.70
19265	Ice creams, chocolate, light, no sugar added	11.70
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	11.70
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	11.60
11659	Sweet potato, cooked, candied, home-prepared	11.60
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	11.60
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	11.60
21129	Fast foods, hush puppies	11.60
43142	Radishes, hawaiian style, pickled	11.60
18213	Cookies, vanilla wafers, higher fat	11.50
19042	Snacks, potato chips, barbecue-flavor	11.50

NDB_No	Description	Choline, total(mg) Value Per
27048	Sauce, steak, tomato based	11.50
02044	Basil, fresh	11.40
06046	Soup, cream of onion, canned, condensed	11.40
06749	Soup, beef and vegetables, canned, ready-to-serve	11.40
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	11.40
11280	Okra, frozen, unprepared	11.40
19166	Cocoa, dry powder, unsweetened, processed with alkali	11.40
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	11.40
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	11.40
42119	Babyfood, banana juice with low fat yogurt	11.40
02030	Spices, pepper, black	11.30
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	11.30
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	11.30
11677	Shallots, raw	11.30
16117	Soy flour, defatted	11.30
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	11.30
28328	Cookies, chocolate chip sandwich, with creme filling	11.30
06019	Soup, chicken noodle, canned, condensed	11.20
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	11.20
09260	Pears, dried, sulfured, stewed, without added sugar	11.20
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	11.20
19321	Puddings, banana, dry mix, regular, prepared with whole milk	11.20
20032	Millet, cooked	11.20
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	11.20
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	11.10
09297	Raisins, golden seedless	11.10
09298	Raisins, seedless	11.10
11281	Okra, frozen, cooked, boiled, drained, without salt	11.10
11564	Turnips, raw	11.10
11670	Peppers, hot chili, green, raw	11.10
11804	Okra, frozen, cooked, boiled, drained, with salt	11.10
20086	Wheat flour, white, tortilla mix, enriched	11.10
02010	Spices, cinnamon, ground	11.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	11.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	11.00
06149	Soup, chicken mushroom, canned, condensed	11.00

NDB_No	Description	Choline, total(mg) Value Per
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	11.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	11.00
11354	Potatoes, white, flesh and skin, raw	11.00
18010	Biscuits, plain or buttermilk, dry mix	11.00
27051	Sauce, cocktail, ready-to-serve	11.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	10.90
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	10.90
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	10.90
11819	Peppers, hot chili, red, raw	10.90
11952	Radicchio, raw	10.90
19085	Candies, confectioner's coating, butterscotch	10.90
03994	Babyfood, fruit, banana and strawberry, junior	10.80
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	10.80
11510	Sweet potato, cooked, boiled, without skin	10.80
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	10.80
11876	Sweet potato, cooked, boiled, without skin, with salt	10.80
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	10.80
18217	Crackers, matzo, plain	10.80
18223	Crackers, milk	10.80
20065	Rye flour, light	10.80
01258	Egg, white, dried, stabilized, glucose reduced	10.70
03217	Zwieback	10.70
08078	Cereals ready-to-eat, GENERAL MILLS, TRIx	10.70
11109	Cabbage, raw	10.70
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	10.70
18114	Cake, gingerbread, dry mix	10.70
35204	Chokecherries, raw, pitted (Northern Plains Indians)	10.70
43004	Babyfood, dessert, banana pudding, strained	10.70
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	10.60
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	10.60
06426	Soup, chili beef, canned, prepared with equal volume water	10.60
09085	Currants, zante, dried	10.60
11644	Squash, winter, all varieties, cooked, baked, without salt	10.60
11863	Squash, winter, all varieties, cooked, baked, with salt	10.60
18964	Cinnamon buns, frosted (includes honey buns)	10.60
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	10.60

NDB_No	Description	Choline, total(mg) Value Per
03068	Babyfood, dinner, chicken noodle, strained	10.50
03089	Babyfood, dinner, macaroni and cheese, strained	10.50
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	10.50
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	10.50
11150	Chayote, fruit, cooked, boiled, drained, without salt	10.50
11766	Chayote, fruit, cooked, boiled, drained, with salt	10.50
11932	Beans, snap, yellow, canned, regular pack, drained solids	10.50
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10.50
18206	Cookies, sugar, refrigerated dough, baked	10.50
22912	Spaghetti, with meatballs in tomato sauce, canned	10.50
31033	Ginger root, pickled, canned, with artificial sweetener	10.50
01263	Ice cream, light, soft serve, chocolate	10.40
03044	Babyfood, dinner, macaroni and tomato and beef, strained	10.40
03045	Babyfood, dinner, macaroni and tomato and beef, junior	10.40
03209	Babyfood, crackers, vegetable	10.40
11439	Sauerkraut, canned, solids and liquids	10.40
11446	Seaweed, laver, raw	10.40
11533	Tomatoes, red, ripe, canned, stewed	10.40
20081	Wheat flour, white, all-purpose, enriched, bleached	10.40
20082	Wheat flour, white, all-purpose, self-rising, enriched	10.40
20083	Wheat flour, white, bread, enriched	10.40
20084	Wheat flour, white, cake, enriched	10.40
20129	Wheat flours, bread, unenriched	10.40
20481	Wheat flour, white, all-purpose, unenriched	10.40
28292	Crackers, multigrain	10.40
28318	Bread, french or vienna, whole wheat	10.40
06016	Soup, cream of chicken, canned, condensed	10.30
06072	Soup, vegetable with beef broth, canned, condensed	10.30
09193	Olives, ripe, canned (small-extra large)	10.30
19300	Jellies	10.30
22910	Lasagna, cheese, frozen, prepared	10.30
32019	Lasagna, cheese, frozen, unprepared	10.30
03934	Babyfood, corn and sweet potatoes, strained	10.20
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	10.20
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	10.20
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	10.20

NDB_No	Description	Choline, total(mg) Value Per
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	10.20
06070	Soup, chunky beef, canned, ready-to-serve	10.20
09057	Boysenberries, frozen, unsweetened	10.20
09218	Tangerines, (mandarin oranges), raw	10.20
09306	Raspberries, frozen, red, sweetened	10.20
19297	Jams and preserves	10.20
20089	Wild rice, cooked	10.20
09291	Plums, dried (prunes), uncooked	10.10
14003	Alcoholic beverage, beer, regular, all	10.10
14251	Alcoholic beverages, beer, higher alcohol	10.10
14305	Malt beverage, includes non-alcoholic beer	10.10
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	10.10
43529	Babyfood, rice and apples, dry	10.10
03096	Babyfood, vegetable, green beans and potatoes	10.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	10.00
06071	Soup, vegetable beef, canned, condensed	10.00
11643	Squash, winter, all varieties, raw	10.00
18151	Cookies, brownies, commercially prepared	10.00
18185	Cookies, peanut butter, commercially prepared, regular	10.00
19100	Candies, fudge, chocolate, prepared-from-recipe	10.00
19104	Candies, fudge, vanilla with nuts	10.00
03055	Babyfood, dinner, beef with vegetables	9.90
09421	Dates, medjool	9.90
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	9.90
11251	Lettuce, cos or romaine, raw	9.90
11549	Tomato products, canned, sauce	9.90
11655	Carrot juice, canned	9.90
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	9.90
36012	Restaurant, family style, fried mozzarella sticks	9.90
43217	Tomato sauce, canned, no salt added	9.90
03286	Babyfood, vegetables, mix vegetables strained	9.80
06023	Soup, chicken with rice, canned, condensed	9.80
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	9.80
09040	Bananas, raw	9.80
09059	Breadfruit, raw	9.80
11424	Pumpkin, canned, without salt	9.80

NDB_No	Description	Choline, total(mg) Value Per
11846	Pumpkin, canned, with salt	9.80
18199	Cookies, chocolate sandwich, with creme filling, special dietary	9.80
18968	Bagels, wheat	9.80
19137	Toppings, strawberry	9.80
03073	Babyfood, dinner, vegetables chicken, strained	9.70
03282	Babyfood, vegetables, mix vegetables junior	9.70
06043	Soup, cream of mushroom, canned, condensed	9.70
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	9.70
06978	Soup, beef and mushroom, low sodium, chunk style	9.70
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	9.70
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	9.70
28327	Crackers, water biscuits	9.70
32010	Pasta mix, Italian lasagna, unprepared	9.70
18229	Crackers, standard snack-type, regular	9.60
28319	Bagels, whole grain white	9.60
32025	Dumpling, potato- or cheese-filled, frozen	9.60
03066	Babyfood, dinner, vegetables and lamb, strained	9.50
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	9.50
11246	Leeks, (bulb and lower leaf-portion), raw	9.50
11477	Squash, summer, zucchini, includes skin, raw	9.50
19183	Puddings, chocolate, ready-to-eat	9.50
22899	Ravioli, cheese-filled, canned	9.50
35202	Raspberries, wild (Northern Plains Indians)	9.50
03085	Babyfood, dinner, vegetables and turkey, junior	9.40
03274	Babyfood, dinner, vegetables and chicken, junior	9.40
06013	Soup, chicken broth, canned, condensed	9.40
11210	Eggplant, cooked, boiled, drained, without salt	9.40
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	9.40
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	9.40
11783	Eggplant, cooked, boiled, drained, with salt	9.40
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	9.40
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	9.40
18271	Ice cream cones, cake or wafer-type	9.40
22998	Rice and vermicelli mix, chicken flavor, unprepared	9.40
11803	Okra, cooked, boiled, drained, with salt	9.30
06172	Soup, stock, chicken, home-prepared	9.20

NDB_No	Description	Choline, total(mg) Value Per
06963	Fish broth	9.20
11149	Chayote, fruit, raw	9.20
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	9.20
20037	Rice, brown, long-grain, cooked	9.20
43311	Potatoes, canned, drained solids, no salt added	9.20
03001	Babyfood, juice treats, fruit medley, toddler	9.10
03297	Babyfood, dinner, apples and chicken, strained	9.10
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	9.10
25037	Snacks, pita chips, salted	9.10
28309	Cookies, coconut macaroon	9.10
36044	ON THE BORDER, Mexican rice	9.10
36417	Restaurant, Mexican, spanish rice	9.10
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	9.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	9.00
04641	Salad dressing, mayonnaise, light	9.00
04708	Mayonnaise, reduced fat, with olive oil	9.00
06010	Soup, cream of celery, canned, condensed	9.00
06217	Soup, vegetable, canned, low sodium, condensed	9.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	9.00
11141	Celeriac, raw	9.00
11591	Watercress, raw	9.00
27062	Soup, beef barley, ready to serve	9.00
03995	Babyfood, banana with mixed berries, strained	8.90
06025	Soup, chicken vegetable, canned, condensed	8.90
06040	Soup, minestrone, canned, condensed	8.90
06044	Soup, mushroom with beef stock, canned, condensed	8.90
09219	Tangerines, (mandarin oranges), canned, juice pack	8.90
11977	Peppers, serrano, raw	8.90
18110	Cake, fruitcake, commercially prepared	8.90
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	8.90
31034	Peppers, hot pickled, canned	8.90
36625	Restaurant, Chinese, vegetable lo mein, without meat	8.90
02025	Spices, nutmeg, ground	8.80
02033	Spices, poppy seed	8.80
11124	Carrots, raw	8.80
11125	Carrots, cooked, boiled, drained, without salt	8.80

NDB_No	Description	Choline, total(mg) Value Per
11757	Carrots, cooked, boiled, drained, with salt	8.80
14006	Alcoholic beverage, beer, light	8.80
14248	Alcoholic beverage, beer, light, higher alcohol	8.80
18172	Cookies, gingersnaps	8.80
32008	Pasta mix, classic cheeseburger macaroni, unprepared	8.80
36412	Restaurant, Latino, tamale, pork	8.80
06053	Soup, cream of potato, canned, condensed	8.70
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	8.70
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	8.70
11279	Okra, cooked, boiled, drained, without salt	8.70
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	8.70
11565	Turnips, cooked, boiled, drained, without salt	8.70
11567	Turnips, frozen, cooked, boiled, drained, without salt	8.70
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	8.70
11889	Turnips, cooked, boiled, drained, with salt	8.70
11890	Turnips, frozen, cooked, boiled, drained, with salt	8.70
18214	Crackers, cheese, regular	8.70
18434	Crackers, cheese, low sodium	8.70
20113	Noodles, chinese, chow mein	8.70
28300	Cookies, oatmeal sandwich, with creme filling	8.70
03047	Babyfood, dinner, beef noodle, strained	8.60
03119	Babyfood, vegetables, corn, creamed, strained	8.60
03120	Babyfood, vegetables, corn, creamed, junior	8.60
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	8.60
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	8.60
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	8.60
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	8.60
09322	Tamarinds, raw	8.60
11131	Carrots, frozen, cooked, boiled, drained, without salt	8.60
11527	Tomatoes, green, raw	8.60
11760	Carrots, frozen, cooked, boiled, drained, with salt	8.60
20017	Corn flour, masa, enriched, white	8.60
20019	Corn flour, masa, unenriched, white	8.60
20022	Cornmeal, degermed, enriched, yellow	8.60
20322	Cornmeal, degermed, enriched, white	8.60
20422	Cornmeal, degermed, unenriched, yellow	8.60

NDB_No	Description	Choline, total(mg) Value Per
20522	Cornmeal, degermed, unenriched, white	8.60
03130	Babyfood, fruit, peaches, strained	8.50
03131	Babyfood, fruit, peaches, junior	8.50
03161	Babyfood, peaches, dices, toddler	8.50
06955	Soup, cream of chicken, canned, condensed, reduced sodium	8.50
09042	Blackberries, raw	8.50
09048	Blackberries, frozen, unsweetened	8.50
09156	Lemon peel, raw	8.50
09167	Loganberries, frozen	8.50
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	8.50
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	8.50
18272	Ice cream cones, sugar, rolled-type	8.50
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	8.50
18963	Garlic bread, frozen	8.50
18972	Bread, cheese	8.50
32011	Yellow rice with seasoning, dry packet mix, unprepared	8.50
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	8.50
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	8.50
43355	Mayonnaise, low sodium, low calorie or diet	8.50
01135	Egg, white, dried, flakes, stabilized, glucose reduced	8.40
01136	Egg, white, dried, powder, stabilized, glucose reduced	8.40
01173	Egg, white, dried	8.40
09149	Kumquats, raw	8.40
09200	Oranges, raw, all commercial varieties	8.40
09202	Oranges, raw, navels	8.40
09203	Oranges, raw, Florida	8.40
11250	Lettuce, butterhead (includes boston and bibb types), raw	8.40
18177	Cookies, molasses	8.40
18459	Breakfast tart, low fat	8.40
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	8.40
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	8.40
21130	Fast foods, onion rings, breaded and fried	8.40
21509	BURGER KING, Onion Rings	8.40
04631	Margarine-like, vegetable oil spread, fat-free, tub	8.30
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	8.30
09079	Cranberries, dried, sweetened	8.30

NDB_No	Description	Choline, total(mg) Value Per
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	8.30
22970	Macaroni and cheese, frozen entree	8.30
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	8.20
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	8.20
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	8.20
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	8.20
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	8.20
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	8.20
11422	Pumpkin, raw	8.20
11492	Squash, winter, spaghetti, raw	8.20
28330	Cookies, marshmallow, with rice cereal and chocolate chips	8.20
36035	Restaurant, family style, coleslaw	8.20
42120	Babyfood, mixed fruit juice with low fat yogurt	8.20
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	8.10
11578	Vegetable juice cocktail, canned	8.10
11585	Vegetable juice cocktail, low sodium, canned	8.10
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	8.10
18966	Crackers, saltines, whole wheat (includes multi-grain)	8.10
18967	Bread, white wheat	8.10
20118	Noodles, flat, crunchy, Chinese restaurant	8.10
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	8.10
01238	Ice cream sandwich	8.00
01239	Ice cream cookie sandwich	8.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	8.00
03100	Babyfood, vegetables, carrots, junior	8.00
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	8.00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	8.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	8.00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	8.00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	8.00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	8.00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	8.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	8.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	8.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	8.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	8.00

NDB_No	Description	Choline, total(mg) Value Per
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	8.00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	8.00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	8.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	8.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	8.00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	8.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	8.00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	8.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	8.00
06175	Sauce, hoisin, ready-to-serve	8.00
18029	Bread, french or vienna (includes sourdough)	8.00
19074	Candies, caramels	8.00
27049	Sauce, tartar, ready-to-serve	8.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	8.00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	8.00
03279	Babyfood, dinner, mixed vegetable, junior	7.90
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	7.90
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	7.90
06068	Soup, vegetarian vegetable, canned, condensed	7.90
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	7.90
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	7.90
11144	Celery, cooked, boiled, drained, without salt	7.90
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	7.90
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	7.90
11764	Celery, cooked, boiled, drained, with salt	7.90
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	7.90
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	7.90
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	7.90
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	7.90
27047	Sauce, salsa, verde, ready-to-serve	7.90
27052	Dip, salsa con queso, cheese and salsa- medium	7.90
06402	Soup, black bean, canned, prepared with equal volume water	7.80
06463	Soup, tomato rice, canned, prepared with equal volume water	7.80
09148	Kiwifruit, green, raw	7.80
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	7.80
19193	Puddings, rice, ready-to-eat	7.80

NDB_No	Description	Choline, total(mg) Value Per
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	7.80
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	7.80
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	7.70
03069	Babyfood, dinner, chicken noodle, junior	7.70
03083	Babyfood, dinner, turkey and rice, junior	7.70
06024	Soup, chicken and vegetable, canned, ready-to-serve	7.70
09111	Grapefruit, raw, pink and red and white, all areas	7.70
09112	Grapefruit, raw, pink and red, all areas	7.70
09116	Grapefruit, raw, white, all areas	7.70
09123	Grapefruit juice, white, canned or bottled, unsweetened	7.70
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	7.70
09128	Grapefruit juice, white, raw	7.70
11981	Peppers, hungarian, raw	7.70
19097	Sherbet, orange	7.70
03104	Babyfood, vegetables, squash, strained	7.60
03105	Babyfood, vegetables, squash, junior	7.60
09060	Carambola, (starfruit), raw	7.60
09084	Currants, red and white, raw	7.60
09139	Guavas, common, raw	7.60
09176	Mangos, raw	7.60
09181	Melons, cantaloupe, raw	7.60
09183	Melons, casaba, raw	7.60
09184	Melons, honeydew, raw	7.60
09231	Passion-fruit, (granadilla), purple, raw	7.60
09263	Persimmons, japanese, raw	7.60
09286	Pomegranates, raw	7.60
09315	Soursop, raw	7.60
11119	Cabbage, chinese (pe-tsai), raw	7.60
11954	Tomatillos, raw	7.60
06015	Soup, chicken, canned, chunky, ready-to-serve	7.50
06498	Soup, tomato, dry, mix, prepared with water	7.50
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	7.50
11084	Beets, canned, drained solids	7.50
11130	Carrots, frozen, unprepared	7.50
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	7.50
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	7.50

NDB_No	Description	Choline, total(mg) Value Per
11960	Carrots, baby, raw	7.50
11979	Peppers, jalapeno, raw	7.50
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	7.50
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	7.50
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	7.50
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	7.40
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	7.40
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	7.40
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	7.40
11976	Pepper, banana, raw	7.40
11430	Radishes, oriental, raw	7.30
11475	Squash, summer, scallop, raw	7.30
11963	Nopales, raw	7.30
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	7.20
11082	Beets, canned, regular pack, solids and liquids	7.20
18301	Pie, apple, commercially prepared, enriched flour	7.20
18305	Pie, blueberry, commercially prepared	7.20
18308	Pie, cherry, commercially prepared	7.20
18319	Pie, fried pies, fruit	7.20
18322	Pie, mince, prepared from recipe	7.20
18323	Pie, peach	7.20
19227	Frostings, coconut-nut, ready-to-eat	7.20
43365	Tomato and vegetable juice, low sodium	7.20
03163	Babyfood, fruit, bananas with apples and pears, strained	7.10
06150	Sauce, barbecue	7.10
06307	Sauce, barbecue, KRAFT, original	7.10
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	7.10
09164	Litchis, raw	7.10
11467	Squash, summer, crookneck and straightneck, raw	7.10
11964	Nopales, cooked, without salt	7.10
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	7.10
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	7.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	7.00
06067	Soup, chunky vegetable, canned, ready-to-serve	7.00
06174	Soup, stock, fish, home-prepared	7.00
06409	Soup, beef noodle, canned, prepared with equal volume water	7.00

NDB_No	Description	Choline, total(mg) Value Per
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	7.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	7.00
19235	Puddings, chocolate, ready-to-eat, fat free	7.00
28294	Cookie, chocolate, with icing or coating	7.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	7.00
03099	Babyfood, vegetables, carrots, strained	6.90
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	6.90
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	6.90
06030	Soup, clam chowder, new england, canned, condensed	6.90
06039	Soup, minestrone, canned, chunky, ready-to-serve	6.90
06056	Soup, cream of shrimp, canned, condensed	6.90
09220	Tangerines, (mandarin oranges), canned, light syrup pack	6.90
11209	Eggplant, raw	6.90
11530	Tomatoes, red, ripe, cooked	6.90
11735	Beets, canned, no salt added, solids and liquids	6.90
18338	Phyllo dough	6.90
19226	Frostings, chocolate, creamy, ready-to-eat	6.90
20013	Bulgur, cooked	6.90
44110	Jellies, reduced sugar, home preserved	6.90
03082	Babyfood, dinner, turkey and rice, strained	6.80
09095	Figs, dried, stewed	6.80
11283	Onions, cooked, boiled, drained, without salt	6.80
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	6.80
11431	Radishes, oriental, cooked, boiled, drained, without salt	6.80
11540	Tomato juice, canned, with salt added	6.80
11805	Onions, cooked, boiled, drained, with salt	6.80
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	6.80
11850	Radishes, oriental, cooked, boiled, drained, with salt	6.80
11886	Tomato juice, canned, without salt added	6.80
18451	Cake, pound, commercially prepared, fat-free	6.80
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	6.80
03084	Babyfood, dinner, vegetables and turkey, strained	6.70
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	6.70
11252	Lettuce, iceberg (includes crisphead types), raw	6.70
11529	Tomatoes, red, ripe, raw, year round average	6.70
11641	Squash, summer, all varieties, raw	6.70

NDB_No	Description	Choline, total(mg) Value Per
18198	Cookies, chocolate chip, commercially prepared, special dietary	6.70
28293	Cookie, butter or sugar, with chocolate icing or filling	6.70
43008	Babyfood, dinner, chicken and rice	6.70
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	6.60
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	6.60
09043	Blackberry juice, canned	6.60
09194	Olives, ripe, canned (jumbo-super colossal)	6.60
12116	Nuts, coconut cream, canned, sweetened	6.60
18283	Muffins, oat bran	6.60
19364	Toppings, butterscotch or caramel	6.60
27042	Soup, clam chowder, new england, canned, ready-to-serve	6.60
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	6.60
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	6.60
02054	Capers, canned	6.50
02055	Horseradish, prepared	6.50
04585	Margarine-like, margarine-butter blend, soybean oil and butter	6.50
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	6.50
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	6.50
10864	Pork, bacon, rendered fat, cooked	6.50
11286	Onions, yellow, sauteed	6.50
11429	Radishes, raw	6.50
18155	Cookies, butter, commercially prepared, enriched	6.50
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	6.50
19234	Puddings, tapioca, ready-to-eat, fat free	6.50
20125	Pasta, whole-wheat, cooked	6.50
28320	English muffins, whole grain white	6.50
42151	Vegetable oil-butter spread, reduced calorie	6.50
42267	Babyfood, juice, orange-carrot	6.50
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	6.50
03070	Babyfood, dinner, chicken soup, strained	6.40
03077	Babyfood, dinner, pasta with vegetables	6.40
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	6.40
09127	Grapefruit juice, pink or red, with added calcium	6.40
11116	Cabbage, chinese (pak-choi), raw	6.40
11531	Tomatoes, red, ripe, canned, packed in tomato juice	6.40
18337	Puff pastry, frozen, ready-to-bake	6.40

NDB_No	Description	Choline, total(mg) Value Per
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.40
20121	Pasta, cooked, enriched, without added salt	6.40
20421	Pasta, cooked, unenriched, without added salt	6.40
06116	Gravy, beef, canned, ready-to-serve	6.30
06559	Soup, tomato, canned, prepared with equal volume water, commercial	6.30
06964	Soup, tomato, low sodium, with water	6.30
06977	Gravy, meat or poultry, low sodium, prepared	6.30
09087	Dates, deglet noor	6.30
11081	Beets, cooked, boiled, drained	6.30
11126	Carrots, canned, regular pack, solids and liquids	6.30
11128	Carrots, canned, regular pack, drained solids	6.30
11734	Beets, cooked, boiled, drained, with salt	6.30
11758	Carrots, canned, no salt added, solids and liquids	6.30
11943	Pimento, canned	6.30
28286	Bread, paratha, whole wheat, commercially prepared, frozen	6.30
03172	Babyfood, juice, orange	6.20
06018	Soup, chunky chicken noodle, canned, ready-to-serve	6.20
09191	Nectarines, raw	6.20
09206	Orange juice, raw	6.20
09207	Orange juice, canned, unsweetened	6.20
09209	Orange juice, chilled, includes from concentrate	6.20
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	6.20
09211	Orange juice, chilled, includes from concentrate, with added calcium	6.20
09217	Orange-grapefruit juice, canned or bottled, unsweetened	6.20
09221	Tangerine juice, raw	6.20
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	6.20
11423	Pumpkin, cooked, boiled, drained, without salt	6.20
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	6.20
11845	Pumpkin, cooked, boiled, drained, with salt	6.20
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	6.20
18211	Puff pastry, frozen, ready-to-bake, baked	6.20
18320	Pie, lemon meringue, commercially prepared	6.20
18336	Pie crust, standard-type, prepared from recipe, baked	6.20
19201	Puddings, vanilla, ready-to-eat	6.20
19218	Puddings, tapioca, ready-to-eat	6.20
06961	Sauce, peppers, hot, chili, mature red, canned	6.10

NDB_No	Description	Choline, total(mg) Value Per
09063	Cherries, sour, red, raw	6.10
09070	Cherries, sweet, raw	6.10
09226	Papayas, raw	6.10
09236	Peaches, yellow, raw	6.10
09307	Rhubarb, raw	6.10
09309	Rhubarb, frozen, uncooked	6.10
11143	Celery, raw	6.10
11282	Onions, raw	6.10
11921	Peppers, sweet, red, sauteed	6.10
20048	Rice, white, long-grain, precooked or instant, enriched, dry	6.10
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	6.00
04704	Salad dressing, poppyseed, creamy	6.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	6.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	6.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	6.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	6.00
09050	Blueberries, raw	6.00
09223	Tangerine juice, canned, sweetened	6.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	6.00
11080	Beets, raw	6.00
11205	Cucumber, with peel, raw	6.00
11442	Seaweed, agar, raw	6.00
18102	Cake, white, prepared from recipe with coconut frosting	6.00
18171	Cookies, fortune	6.00
20046	Rice, white, long-grain, parboiled, enriched, dry	6.00
32000	Rice and vermicelli mix, beef flavor, unprepared	6.00
08100	Cereals, CREAM OF RICE, dry	5.90
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	5.90
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	5.80
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	5.80
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	5.80
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	5.80
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	5.80
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	5.80
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	5.80

NDB_No	Description	Choline, total(mg) Value Per
18402	Pie crust, standard-type, prepared from recipe, unbaked	5.80
20044	Rice, white, long-grain, regular, raw, enriched	5.80
20061	Rice flour, white, unenriched	5.80
20444	Rice, white, long-grain, regular, raw, unenriched	5.80
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	5.80
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	5.70
09046	Blackberries, canned, heavy syrup, solids and liquids	5.70
09316	Strawberries, raw	5.70
09318	Strawberries, frozen, unsweetened	5.70
11206	Cucumber, peeled, raw	5.70
11291	Onions, spring or scallions (includes tops and bulb), raw	5.70
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	5.70
14096	Alcoholic beverage, wine, table, red	5.70
18139	Cake, white, prepared from recipe without frosting	5.70
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	5.70
06983	Soup, ramen noodle, chicken flavor, dry	5.60
09068	Cherries, sour, red, frozen, unsweetened	5.60
09076	Cherries, sweet, frozen, sweetened	5.60
09131	Grapes, american type (slip skin), raw	5.60
09132	Grapes, red or green (European type, such as Thompson seedless), raw	5.60
09429	Pineapple, raw, traditional varieties	5.60
11821	Peppers, sweet, red, raw	5.60
13335	Beef, variety meats and by-products, suet, raw	5.60
04706	Dressing, honey mustard, fat-free	5.50
06419	Soup, chicken noodle, canned, prepared with equal volume water	5.50
06583	Soup, ramen noodle, any flavor, dry	5.50
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	5.50
09055	Blueberries, frozen, sweetened	5.50
09078	Cranberries, raw	5.50
09266	Pineapple, raw, all varieties	5.50
09354	Pineapple, canned, juice pack, drained	5.50
11289	Onions, frozen, whole, unprepared	5.50
11294	Onions, sweet, raw	5.50
11333	Peppers, sweet, green, raw	5.50
19348	Syrups, chocolate, fudge-type	5.50
19866	Candies, soft fruit and nut squares	5.50

NDB_No	Description	Choline, total(mg) Value Per
20133	Rice noodles, dry	5.50
36602	Restaurant, Chinese, fried rice, without meat	5.50
43537	Babyfood, dessert, blueberry yogurt, strained	5.50
03233	Babyfood, dessert, fruit pudding, pineapple, strained	5.40
06483	Soup, cream of chicken, dry, mix, prepared with water	5.40
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	5.40
09430	Pineapple, raw, extra sweet variety	5.40
22247	Macaroni and Cheese, canned entree	5.40
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	5.40
42150	Babyfood, apple yogurt dessert, strained	5.40
06982	Soup, ramen noodle, beef flavor, dry	5.30
09092	Figs, canned, heavy syrup pack, solids and liquids	5.30
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	5.30
18082	Bread stuffing, bread, dry mix, prepared	5.30
19103	Candies, fudge, vanilla, prepared-from-recipe	5.30
11156	Chives, raw	5.20
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	5.20
32009	Pasta mix, classic beef, unprepared	5.20
35206	Plums, wild (Northern Plains Indians)	5.20
01164	Cheese sauce, prepared from recipe	5.10
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	5.10
09054	Blueberries, frozen, unsweetened	5.10
09119	Grapefruit, sections, canned, water pack, solids and liquids	5.10
09120	Grapefruit, sections, canned, juice pack, solids and liquids	5.10
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	5.10
09150	Lemons, raw, without peel	5.10
09152	Lemon juice, raw	5.10
09153	Lemon juice from concentrate, canned or bottled	5.10
09154	Lemon juice, frozen, unsweetened, single strength	5.10
09159	Limes, raw	5.10
09160	Lime juice, raw	5.10
09161	Lime juice, canned or bottled, unsweetened	5.10
09250	Peaches, frozen, sliced, sweetened	5.10
09252	Pears, raw	5.10
09340	Pears, asian, raw	5.10
09412	Pears, raw, bartlett	5.10

NDB_No	Description	Choline, total(mg) Value Per
09413	Pears, raw, red anjou	5.10
09414	Pears, raw, bosc	5.10
09415	Pears, raw, green anjou	5.10
09501	Apples, raw, golden delicious, with skin	5.10
43046	Candies, nougat, with almonds	5.10
06471	Soup, vegetable beef, canned, prepared with equal volume water	5.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	5.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	5.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	5.00
14057	Alcoholic beverage, wine, dessert, sweet	5.00
14084	Alcoholic beverage, wine, table, all	5.00
14553	Beverages, Wine, non-alcoholic	5.00
20106	Macaroni, vegetable, enriched, cooked	5.00
42316	Babyfood, carrots, toddler	5.00
43154	Alcoholic beverage, wine, cooking	5.00
43155	Alcoholic beverage, wine, light	5.00
03147	Babyfood, fruit, applesauce with banana, junior	4.90
04686	Salad dressing, honey mustard dressing, reduced calorie	4.90
06022	Soup, chicken rice, canned, chunky, ready-to-serve	4.90
06423	Soup, chicken with rice, canned, prepared with equal volume water	4.90
06528	Soup, chicken noodle, dry, mix, prepared with water	4.90
09033	Apricots, dried, sulfured, stewed, without added sugar	4.90
09272	Pineapple, frozen, chunks, sweetened	4.90
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	4.90
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	4.90
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	4.90
11945	Pickle relish, sweet	4.90
18144	Cake, yellow, enriched, dry mix	4.90
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	4.90
42266	Babyfood, juice, apple-sweet potato	4.90
43098	Pie fillings, cherry, low calorie	4.90
03098	Babyfood, vegetables, beets, strained	4.80
06170	Soup, stock, beef, home-prepared	4.80
06962	Sauce, chili, peppers, hot, immature green, canned	4.80
09268	Pineapple, canned, juice pack, solids and liquids	4.80
09319	Strawberries, frozen, sweetened, whole	4.80

NDB_No	Description	Choline, total(mg) Value Per
09442	Pomegranate juice, bottled	4.80
11339	Peppers, sweet, green, sauteed	4.80
18142	Cake, pudding-type, yellow, dry mix	4.80
19233	Puddings, vanilla, ready-to-eat, fat free	4.80
35200	Prairie Turnips, raw (Northern Plains Indians)	4.80
03224	Babyfood, dessert, cherry vanilla pudding, strained	4.70
03225	Babyfood, dessert, cherry vanilla pudding, junior	4.70
06413	Soup, chicken broth, canned, prepared with equal volume water	4.70
06443	Soup, cream of mushroom, canned, prepared with equal volume water	4.70
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	4.70
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.70
09072	Cherries, sweet, canned, juice pack, solids and liquids	4.70
09089	Figs, raw	4.70
18107	Coffeecake, cinnamon with crumb topping, dry mix	4.70
43539	Babyfood, dessert, banana yogurt, strained	4.70
03144	Babyfood, fruit, applesauce and cherries, strained	4.60
03145	Babyfood, fruit, applesauce and cherries, junior	4.60
04015	Salad dressing, russian dressing	4.60
04017	Salad dressing, thousand island, commercial, regular	4.60
04022	Salad dressing, russian dressing, low calorie	4.60
04120	Salad dressing, french dressing, commercial, regular	4.60
04635	Salad dressing, thousand island dressing, fat-free	4.60
09320	Strawberries, frozen, sweetened, sliced	4.60
14194	Beverages, Cocoa mix, powder, prepared with water	4.60
42171	Salad dressing, french dressing, reduced calorie	4.60
03140	Babyfood, fruit dessert, mango with tapioca	4.50
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	4.50
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	4.50
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	4.50
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	4.50
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	4.50
18117	Cake, pudding-type, marble, dry mix	4.50
43523	Babyfood, mixed fruit yogurt, strained	4.50
03154	Babyfood, fruit and vegetable, apple and sweet potato	4.40
09292	Plums, dried (prunes), stewed, without added sugar	4.40
09310	Rhubarb, frozen, cooked, with sugar	4.40

NDB_No	Description	Choline, total(mg) Value Per
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	4.40
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	4.40
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	4.40
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	4.40
14239	Alcoholic beverage, malt beer, hard lemonade	4.40
20651	Rice, brown, parboiled, cooked, UNCLE BENS	4.40
28350	Cookies, chocolate cream covered biscuit sticks	4.40
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	4.40
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	4.40
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	4.30
09328	Maraschino cherries, canned, drained	4.30
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	4.30
11292	Onions, young green, tops only	4.30
11917	Peppers, sweet, red, frozen, chopped, unprepared	4.30
14106	Alcoholic beverage, wine, table, white	4.30
35198	Prickly pears, raw (Northern Plains Indians)	4.30
03062	Babyfood, dinner, vegetables and ham, junior	4.20
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	4.20
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	4.20
09091	Figs, canned, light syrup pack, solids and liquids	4.20
18112	Cake, pudding-type, german chocolate, dry mix	4.20
03129	Babyfood, fruit, bananas with tapioca, strained	4.10
03174	Babyfood, juice, orange and apple and banana	4.10
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	4.10
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	4.10
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	4.10
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	4.10
09071	Cherries, sweet, canned, water pack, solids and liquids	4.10
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	4.10
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	4.10
09143	Guava sauce, cooked	4.10
09237	Peaches, canned, water pack, solids and liquids	4.10
09238	Peaches, canned, juice pack, solids and liquids	4.10
09240	Peaches, canned, light syrup pack, solids and liquids	4.10
09241	Peaches, canned, heavy syrup pack, solids and liquids	4.10
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	4.10

NDB_No	Description	Choline, total(mg) Value Per
09247	Peaches, dried, sulfured, stewed, without added sugar	4.10
09326	Watermelon, raw	4.10
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	4.10
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	4.10
18210	Cookies, vanilla sandwich with creme filling	4.10
22914	Pasta with tomato sauce, no meat, canned	4.10
43546	Babyfood, banana no tapioca, strained	4.10
04016	Salad dressing, sesame seed dressing, regular	4.00
04020	Salad dressing, french dressing, reduced fat	4.00
04367	Salad dressing, french dressing, fat-free	4.00
04636	Salad dressing, italian dressing, fat-free	4.00
06045	Soup, onion, canned, condensed	4.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	4.00
09052	Blueberries, canned, heavy syrup, solids and liquids	4.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.00
09232	Passion-fruit juice, purple, raw	4.00
09233	Passion-fruit juice, yellow, raw	4.00
09352	Blueberries, canned, light syrup, drained	4.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	4.00
19263	Frozen novelties, fruit and juice bars	4.00
19280	Frozen novelties, ice type, lime	4.00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	4.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	3.90
18135	Cake, pudding-type, white, enriched, dry mix	3.90
19322	Puddings, coconut cream, dry mix, instant	3.90
36017	Restaurant, family style, macaroni & cheese, from kids' menu	3.90
43536	Babyfood, dessert, peach yogurt	3.90
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	3.80
09012	Apples, dried, sulfured, stewed, without added sugar	3.80
09081	Cranberry sauce, canned, sweetened	3.80
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	3.80
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	3.80
09267	Pineapple, canned, water pack, solids and liquids	3.80
09269	Pineapple, canned, light syrup pack, solids and liquids	3.80
09270	Pineapple, canned, heavy syrup pack, solids and liquids	3.80
09317	Strawberries, canned, heavy syrup pack, solids and liquids	3.80

NDB_No	Description	Choline, total(mg) Value Per
09370	Peaches, canned, heavy syrup, drained	3.80
09452	Orange Pineapple Juice Blend	3.80
09530	Fruit juice smoothie, ODWALLA, strawberry banana	3.80
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	3.80
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	3.80
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	3.80
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	3.80
44158	Pie fillings, blueberry, canned	3.80
03139	Babyfood, prunes, without vitamin c, strained	3.70
06119	Gravy, chicken, canned or bottled, ready-to-serve	3.70
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	3.70
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	3.70
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	3.70
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	3.70
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	3.70
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	3.70
19324	Puddings, coconut cream, dry mix, regular	3.70
03132	Babyfood, fruit, pears, strained	3.60
03141	Babyfood, pears, dices, toddler	3.60
06417	Soup, chicken gumbo, canned, prepared with equal volume water	3.60
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	3.60
08116	Cereals, MALT-O-MEAL, original, plain, dry	3.60
11941	Pickles, cucumber, sour	3.60
11946	Pickles, cucumber, sour, low sodium	3.60
43017	Salad dressing, green goddess, regular	3.60
03152	Babyfood, fruit, apple and raspberry, strained	3.50
03153	Babyfood, fruit, apple and raspberry, junior	3.50
03179	Babyfood, juice, mixed fruit	3.50
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	3.50
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	3.50
06176	Sauce, oyster, ready-to-serve	3.50
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	3.50
08113	Cereals, farina, enriched, cooked with water, without salt	3.50
08173	Cereals, farina, enriched, cooked with water, with salt	3.50
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	3.50
19172	Gelatin desserts, dry mix	3.50

NDB_No	Description	Choline, total(mg) Value Per
28291	Cookies, animal, with frosting or icing	3.50
43007	Babyfood, fruit, tutti frutti, junior	3.50
03115	Babyfood, apples, dices, toddler	3.40
03116	Babyfood, fruit, applesauce, strained	3.40
03117	Babyfood, fruit, applesauce, junior	3.40
03169	Babyfood, apple-cranberry juice	3.40
03293	Babyfood, plums, bananas and rice, strained	3.40
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	3.40
06456	Soup, cream of shrimp, canned, prepared with equal volume water	3.40
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	3.40
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	3.40
09003	Apples, raw, with skin	3.40
09004	Apples, raw, without skin	3.40
09005	Apples, raw, without skin, cooked, boiled	3.40
09006	Apples, raw, without skin, cooked, microwave	3.40
09253	Pears, canned, water pack, solids and liquids	3.40
09254	Pears, canned, juice pack, solids and liquids	3.40
09256	Pears, canned, light syrup pack, solids and liquids	3.40
09500	Apples, raw, red delicious, with skin	3.40
09502	Apples, raw, granny smith, with skin	3.40
09503	Apples, raw, gala, with skin	3.40
09504	Apples, raw, fuji, with skin	3.40
11937	Pickles, cucumber, dill or kosher dill	3.40
11947	Pickles, cucumber, dill, reduced sodium	3.40
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.40
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	3.40
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3.40
19184	Puddings, chocolate, dry mix, instant	3.40
04021	Salad dressing, italian dressing, commercial, reduced fat	3.30
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	3.30
09090	Figs, canned, water pack, solids and liquids	3.30
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	3.30
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	3.30
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	3.30
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	3.30
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	3.30

NDB_No	Description	Choline, total(mg) Value Per
18097	Cake, pudding-type, chocolate, dry mix	3.30
18168	Cookies, chocolate sandwich, with extra creme filling	3.30
18196	Cookies, brownies, dry mix, sugar free	3.30
20029	Couscous, cooked	3.30
42140	Salad dressing, italian dressing, reduced calorie	3.30
43369	Beverages, Chocolate-flavored drink, whey and milk based	3.30
43382	Cranberry juice, unsweetened	3.30
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	3.30
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	3.30
03048	Babyfood, macaroni and cheese, toddler	3.20
03090	Babyfood, dinner, macaroni and cheese, junior	3.20
03158	Babyfood, fruit, pears and pineapple, strained	3.20
03159	Babyfood, fruit, pears and pineapple, junior	3.20
03164	Babyfood, fruit, apple and blueberry, strained	3.20
03165	Babyfood, fruit, apple and blueberry, junior	3.20
09007	Apples, canned, sweetened, sliced, drained, unheated	3.20
09008	Apples, canned, sweetened, sliced, drained, heated	3.20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	3.20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	3.20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	3.20
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	3.10
03142	Babyfood, fruit, applesauce and apricots, strained	3.10
03143	Babyfood, fruit, applesauce and apricots, junior	3.10
03280	Babyfood, fruit, bananas with tapioca, junior	3.10
06183	Soup, chicken broth, less/reduced sodium, ready to serve	3.10
06970	Soup, chicken broth, low sodium, canned	3.10
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	3.10
19136	Candies, HERSHEY'S SKOR Toffee Bar	3.10
20030	Hominy, canned, white	3.10
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	3.10
43006	Babyfood, fruit, tutti frutti, strained	3.10
19303	Marmalade, orange	3.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	3.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	2.90
06125	Gravy, turkey, canned, ready-to-serve	2.90
06188	Soup, beef broth, less/reduced sodium, ready to serve	2.90

NDB_No	Description	Choline, total(mg) Value Per
18973	Focaccia, Italian flatbread, plain	2.90
43346	Frozen novelties, juice type, orange	2.90
01241	Ice cream sandwich, made with light ice cream, vanilla	2.80
01242	Ice cream sandwich, vanilla, light, no sugar added	2.80
09021	Apricots, raw	2.80
09357	Apricots, canned, heavy syrup, drained	2.80
19083	Candies, sweet chocolate coated fondant	2.80
19312	Pie fillings, apple, canned	2.80
06971	Sauce, worcestershire	2.70
09294	Prune juice, canned	2.70
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	2.70
18087	Cake, angelfood, dry mix	2.70
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	2.70
28315	Bread, cinnamon	2.70
04114	Salad dressing, italian dressing, commercial, regular	2.60
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	2.60
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	2.60
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	2.60
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	2.60
14209	Beverages, coffee, brewed, prepared with tap water	2.60
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	2.60
43135	Sandwich spread, meatless	2.60
43408	Babyfood, juice, pear	2.60
01172	Egg, white, raw, frozen, pasteurized	2.50
01226	Egg substitute, liquid or frozen, fat free	2.50
03168	Babyfood, juice, apple and peach	2.50
03220	Babyfood, dessert, dutch apple, strained	2.50
03221	Babyfood, dessert, dutch apple, junior	2.50
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	2.50
18965	Crackers, cheese, reduced fat	2.50
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	2.50
03268	Babyfood, juice, apple and cherry	2.40
04705	Salad dressing, caesar, fat-free	2.40
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	2.40
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	2.40
09251	Peach nectar, canned, without added ascorbic acid	2.40

NDB_No	Description	Choline, total(mg) Value Per
09351	Fruit cocktail, canned, heavy syrup, drained	2.40
09443	Juice, apple and grape blend, with added ascorbic acid	2.40
27050	Sauce, sweet and sour, ready-to-serve	2.40
01069	Cream substitute, powdered	2.30
03133	Babyfood, fruit, pears, junior	2.30
03167	Babyfood, apple-banana juice	2.30
19230	Frostings, vanilla, creamy, ready-to-eat	2.30
19334	Sugars, brown	2.30
27064	Wasabi	2.30
42136	Cream substitute, powdered, light	2.30
03267	Babyfood, juice, fruit punch, with calcium	2.20
08506	Cereals ready-to-eat, RALSTON Corn Flakes	2.20
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	2.20
09401	Applesauce, canned, unsweetened, with added ascorbic acid	2.20
09434	Guanabana nectar, canned	2.20
19296	Honey	2.20
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2.10
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2.10
14639	Beverages, rice milk, unsweetened	2.10
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	2.10
19294	Fruit butters, apple	2.10
19340	Sugars, maple	2.10
20045	Rice, white, long-grain, regular, enriched, cooked	2.10
20047	Rice, white, long-grain, parboiled, enriched, cooked	2.10
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	2.10
20055	Rice, white, glutinous, unenriched, cooked	2.10
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	2.10
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	2.10
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	2.10
43550	Babyfood, banana apple dessert, strained	2.10
09229	Papaya nectar, canned	2.00
09262	Pear nectar, canned, without added ascorbic acid	2.00
14054	Beverages, almond milk, chocolate, ready-to-drink	2.00
14292	Lemonade, frozen concentrate, white	2.00
14542	Lemonade, frozen concentrate, pink	2.00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	1.90

NDB_No	Description	Choline, total(mg) Value Per
03265	Babyfood, juice, apple and grape	1.90
06480	Soup, chicken broth or bouillon, dry, prepared with water	1.90
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	1.90
09257	Pears, canned, heavy syrup pack, solids and liquids	1.90
09279	Plums, raw	1.90
09520	Kiwifruit, ZESPRI SunGold, raw	1.90
43535	Babyfood, juice, apple - cherry	1.90
03166	Babyfood, juice, apple	1.80
03171	Babyfood, juice, apple and prune	1.80
03269	Babyfood, juice, apple, with calcium	1.80
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	1.80
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	1.80
09022	Apricots, canned, water pack, with skin, solids and liquids	1.80
09024	Apricots, canned, juice pack, with skin, solids and liquids	1.80
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.80
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.80
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	1.80
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	1.80
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	1.80
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	1.80
14162	Beverages, Apple juice drink, light, fortified with vitamin C	1.80
14262	Beverages, citrus fruit juice drink, frozen concentrate	1.80
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	1.80
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	1.80
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	1.80
43585	Babyfood, fruit supreme dessert	1.80
14250	Beverages, AMBER, hard cider	1.70
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.70
20657	Pasta, gluten-free, corn and rice flour, cooked	1.70
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	1.70
27046	Sauce, duck, ready-to-serve	1.70
03170	Babyfood, juice, apple and plum	1.60
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.60
19188	Puddings, chocolate, dry mix, regular	1.60
19353	Syrups, maple	1.60
19366	Toppings, pineapple	1.60

NDB_No	Description	Choline, total(mg) Value Per
20134	Rice noodles, cooked	1.60
03222	Babyfood, cherry cobbler, junior	1.50
09436	Mango nectar, canned	1.50
12167	Nuts, chestnuts, european, roasted	1.50
28310	Cookies, shortbread, reduced fat	1.50
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	1.40
06475	Soup, beef broth or bouillon, powder, prepared with water	1.40
06476	Soup, beef broth, cubed, prepared with water	1.40
03118	Babyfood, fruit, apricot with tapioca, strained	1.30
09281	Plums, canned, purple, water pack, solids and liquids	1.30
09282	Plums, canned, purple, juice pack, solids and liquids	1.30
09283	Plums, canned, purple, light syrup pack, solids and liquids	1.30
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	1.30
09374	Pears, canned, heavy syrup, drained	1.30
09437	Tamarind nectar, canned	1.30
14181	Beverages, chocolate syrup	1.30
18088	Cake, angelfood, dry mix, prepared	1.30
03128	Babyfood, fruit, apricot with tapioca, junior	1.20
06494	Soup, onion, dry, mix, prepared with water	1.20
18202	Cookies, sugar wafer, with creme filling, sugar free	1.20
18209	Cookies, sugar wafers with creme filling, regular	1.20
20068	Tapioca, pearl, dry	1.20
28352	Cookies, vanilla sandwich with creme filling, reduced fat	1.20
01124	Egg, white, raw, fresh	1.10
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	1.10
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	1.10
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	1.10
03227	Babyfood, dessert, peach cobbler, strained	1.10
03228	Babyfood, dessert, peach cobbler, junior	1.10
09435	Guava nectar, canned, with added ascorbic acid	1.10
09519	Guava nectar, with sucralose, canned	1.10
12119	Nuts, coconut water (liquid from coconuts)	1.10
14242	Cranberry juice cocktail, bottled	1.10
14370	Beverages, tea, instant, lemon, sweetened, powder	1.10
19202	Puddings, vanilla, dry mix, instant	1.10
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	1.10

NDB_No	Description	Choline, total(mg) Value Per
06194	Soup, chicken broth, ready-to-serve	1.00
09036	Apricot nectar, canned, without added ascorbic acid	1.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	1.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	1.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	1.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	1.00
14028	Beverages, Whiskey sour mix, bottled	0.90
18192	Cookies, shortbread, commercially prepared, plain	0.90
19924	Syrup, NESTLE, chocolate	0.90
27063	Sauce, enchilada, red, mild, ready to serve	0.90
42131	Milk dessert, frozen, milk-fat free, chocolate	0.90
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.80
09379	Plums, canned, heavy syrup, drained	0.80
11233	Kale, raw	0.80
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.80
19070	Candies, butterscotch	0.80
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.80
21142	Fast food, biscuit	0.80
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.70
14238	Beverages, cranberry-apple juice drink, bottled	0.70
42193	Salad Dressing, mayonnaise-like, fat-free	0.70
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.70
43598	Mayonnaise dressing, no cholesterol	0.70
14150	Beverages, carbonated, orange	0.60
01205	Cream substitute, flavored, liquid	0.50
01206	Cream substitute, flavored, powdered	0.50
11087	Beet greens, cooked, boiled, drained, without salt	0.50
11236	Kale, frozen, cooked, boiled, drained, without salt	0.50
11245	Lambsquarters, cooked, boiled, drained, without salt	0.50
11270	Mustard greens, raw	0.50
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.50
11791	Kale, frozen, cooked, boiled, drained, with salt	0.50
11794	Lambsquarters, cooked, boiled, drained, with salt	0.50
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.50
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.50
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.50

NDB_No	Description	Choline, total(mg) Value Per
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.50
14264	Beverages, fruit punch drink, without added nutrients, canned	0.50
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.50
14303	Limeade, frozen concentrate, prepared with water	0.50
14323	Beverages, orange drink, canned, with added vitamin C	0.50
14327	Beverages, orange and apricot juice drink, canned	0.50
14334	Beverages, pineapple and grapefruit juice drink, canned	0.50
14341	Beverages, pineapple and orange juice drink, canned	0.50
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.50
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.50
19173	Gelatin desserts, dry mix, prepared with water	0.50
04528	Oil, walnut	0.40
04529	Oil, almond	0.40
11086	Beet greens, raw	0.40
11234	Kale, cooked, boiled, drained, without salt	0.40
11271	Mustard greens, cooked, boiled, drained, without salt	0.40
11790	Kale, cooked, boiled, drained, with salt	0.40
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.40
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.40
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.40
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.40
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.40
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.40
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.40
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.40
14293	Lemonade, frozen concentrate, white, prepared with water	0.40
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.40
14355	Beverages, tea, black, brewed, prepared with tap water	0.40
14381	Beverages, tea, herb, other than chamomile, brewed	0.40
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.40
14649	Beverages, tea, hibiscus, brewed	0.40
19719	Jams and preserves, apricot	0.40
20027	Cornstarch	0.40
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.40
43214	Butter replacement, without fat, powder	0.40
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.40

NDB_No	Description	Choline, total(mg) Value Per
04047	Oil, coconut	0.30
04053	Oil, olive, salad or cooking	0.30
04055	Oil, palm	0.30
04501	Oil, cocoa butter	0.30
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.30
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.30
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.30
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.30
06700	Soup, vegetable broth, ready to serve	0.30
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.30
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.30
11569	Turnip greens, cooked, boiled, drained, without salt	0.30
11799	Mustard greens, cooked, boiled, drained, with salt	0.30
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.30
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.30
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.30
14147	Beverages, carbonated, cola, without caffeine	0.30
14148	Beverages, carbonated, cola, regular	0.30
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.30
14154	Beverages, Energy drink, RED BULL	0.30
14157	Beverages, carbonated, root beer	0.30
14277	Beverages, grape drink, canned	0.30
14282	Beverages, grape juice drink, canned	0.30
14367	Beverages, tea, instant, unsweetened, prepared with water	0.30
14400	Beverages, carbonated, cola, fast-food cola	0.30
14552	Carbonated beverage, chocolate-flavored soda	0.30
14625	Beverages, Energy drink, AMP	0.30
14626	Beverages, Energy drink, FULL THROTTLE	0.30
14629	Beverages, Energy drink, ROCKSTAR	0.30
14640	Beverages, Energy drink, VAULT, citrus flavor	0.30
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.30
19919	Candies, fruit snacks, with high vitamin C	0.30
43387	Turnip greens, canned, no salt added	0.30
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.20
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.20
04044	Oil, soybean, salad or cooking	0.20

NDB_No	Description	Choline, total(mg) Value Per
04058	Oil, sesame, salad or cooking	0.20
04502	Oil, cottonseed, salad or cooking	0.20
04506	Oil, sunflower, linoleic, (approx. 65%)	0.20
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.20
04513	Vegetable oil, palm kernel	0.20
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.20
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.20
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.20
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.20
04582	Oil, canola	0.20
04584	Oil, sunflower, high oleic (70% and over)	0.20
04615	Shortening, vegetable, household, composite	0.20
04642	Oil, industrial, mid-oleic, sunflower	0.20
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.20
04644	Oil, industrial, canola for salads, woks and light frying	0.20
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.20
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.20
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.20
04650	Oil, industrial, soy, refined, for woks and light frying	0.20
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.20
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.20
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.20
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.20
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.20
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.20
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.20
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.20
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.20